

Norfolk Recreation, Parks & Open Space

# GOOD TIMES

FALL  
2015

Valid until November 27

Norfolk.gov/Play

Recreation, Parks & Open Space  
Course Guide

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Facebook.com/NorfolkRPOS



RPOS@Norfolk.gov



# REC CENTER SPOTLIGHT

## Merrimack Landing Recreation Center

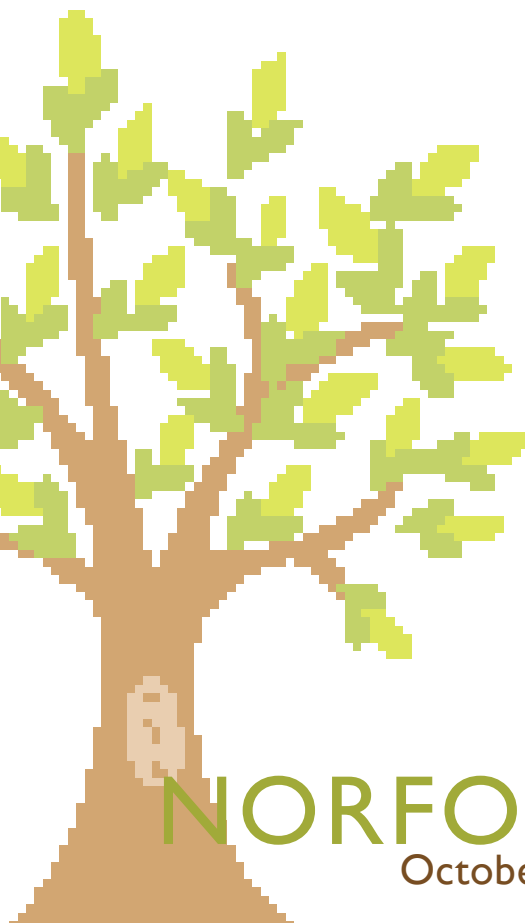


A small facility that packs a big punch of fun...Merrimack Landing Recreation Center offers diverse activities for all ages as well as an awesome teen program. The facility is located immediately outside Gate 4 of Naval Station Norfolk and serves a large military population. The facility includes a game room, library/media room, arts & crafts room and a gymnasium that doubles as an auditorium for performing arts and community meetings. There is also ample outdoor activity space that includes a basketball court, baseball/soccer field, walking track and a playground.

**Hey history buffs!** Did you know the Merrimack Landing Recreation Center was named after the Civil War Battle of Hampton Roads. This battle took place in 1862 on the James River between the Monitor and the Merrimack ships. This battle was the first duel between ironclad warships.

Join us for a day all about trees!

Take part in educational, family oriented activities like a Tree-K Fun Run and Chainsaw Carving. While you're there, adopt a tree for FREE (while supplies last)! Food trucks will be on site, so grab a bite and enjoy lunch in the park. Spread the word to your friends and neighbors.



# NORFOLKARBORDAY

October 3rd • 10:00a-2:00p • Lafayette Park

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On the cover: Runners pacing themselves during the 2015 From Here to Eternity 5K Run/Walk

## Guide to Course Listings

### COURSE NAME

**Ages** • Prerequisites (if any). Course description. Course cancellation dates.

**LOCATION:**

Activity # Day Dates Time Reg. by Resident/Non-Resident Fee

General registration begins August 17th.

Check each section for details.

Fall issue valid through 11/28. Winter 2016

Good Times will be available 11/16.

## Questions? Contact RPOS!

Phone: 757-441-2400 (Admin Office)

Fax: 757-441-5423

Email: [RPOS@Norfolk.gov](mailto:RPOS@Norfolk.gov)

Web: [www.Norfolk.gov/Play](http://www.Norfolk.gov/Play)

 [Facebook.com/NorfolkRPOS](https://www.facebook.com/NorfolkRPOS)

## FROM THE RPOS DIRECTOR

Come on Norfolk, let's move! This fall I invite you to explore the many opportunities designed to help you on your journey to a healthier you. As part of the City's Healthy Norfolk initiative, RPOS is collaborating with community partners to identify new opportunities for physical activity. We believe being physically active - whether on a neighborhood walk, a bike ride, or enjoying the city's many water amenities - in conjunction with RPOS' existing programs and services, will improve the overall health of all Norfolk residents.

Our great staff is gearing up to facilitate fun and exciting programming that embraces healthy lifestyles, including:

- 'Move it Monday', part of the City Council's decision to expand Monday operating hours at 17 recreation facilities, will allow residents to sample the best of RPOS programming promoting healthy lifestyles.
- Beginning this September, a mobile food market will provide cooking demonstrations to teens and offer fresh produce and prepared food for sale weekly at Norview Community Center and Lakewood Park. The effort aims to raise teenagers' awareness about the negative impacts of obesity and Type 2 diabetes.
- The Therapeutic Recreation 5K and the Cemeteries' "From Here to Eternity Twilight 5K" are back by popular demand. The races not only encourage physical activity, but raise public awareness about programs, and raise needed funds for cemetery restoration and programming for Therapeutic Recreation. These two events lead up to the City's Harbor Lights Half Marathon.
- Youth get active this fall with football, soccer, boxing and more! These sports are more than just fun, they instill sportsmanship, teamwork, and a sense of fair play which will serve children as they grow into young adulthood and beyond.

Finally, we look forward to sharing your journey to a healthier you and seeing you this fall.

Sincerely,



Darrell R. Crittendon, Director  
Recreation, Parks & Open Space



Keep up with all the latest: [Facebook.com/NorfolkRPOS](https://www.facebook.com/NorfolkRPOS)

# RECREATION CENTERS

Fall hours begin September 8.

**Bayview Recreation Center • 8613 Willow Terrace • Norfolk 23503**

Office: (757) 441-1626 • Fax: (757) 441-1627

Hours: Tu-Thu: 6:30a-9:30a, 3:00p-8:00p; Mon/Fri: 6:30a-9:30a, 3:00p-6:00p; Sat: 11:00a-4:00p

**Berkley Community Center • 121 West Liberty Street • Norfolk 23523**

Office: (757) 441-1912 • Fax: (757) 441-1906

Hours: Tu-Thu: 2:30p-8:00p; Mon/Fri: 2:30p-6:00p; Sat: 11:00a-4:00p

**Campostella Recreation Center • 1130 Leake Street • Norfolk 23523**

Office: (757) 441-1974 • Fax: (757) 441-1974

Hours: Tu-Thu: 2:30p-8:00p; Mon/Fri: 2:30p-6:00p; Sat: 11:00a-4:00p

**Captain's Quarters Recreation Center • 800 Little Bay Avenue • Norfolk 23503**

Office: (757) 441-1715 • Fax: (757) 441-1715

Closed Fall-Spring

**Crossroads Community Center • 8019 Old Ocean View Road • Norfolk 23505**

Office: (757) 965-9430

Hours: Tu-Thu: 6:30a-9:30a, 3:00p-8:00p; Mon/Fri: 6:30a-9:30a, 3:00p-6:00p; Sat: 11:00a-4:00p

**E. Ocean View Community Center • 9520 E. 20th Bay Street • Norfolk 23518**

Office: (757) 441-1785 • Fax: (757) 441-1785

Hours: Tu-Thu: 2:30p-8:00p; Mon/Fri: 2:30p-6:00p; Sat: 11:00a-4:00p

**Fairlawn Recreation Center • 1014 Kempsville Road • Norfolk 23502**

Office: (757) 441-5670

Hours: Tu-Thu: 6:30a-9:30a, 3:00p-8:00p; Mon/Fri: 6:30a-9:30a, 3:00p-6:00p; Sat: 11:00a-4:00p

**Grandy Village Recreation Center • 3016 Kimball Terrace • Norfolk 23504**

Office: (757) 441-2117

Hours: Tu-Thu: 2:30p-8:00p; Mon/Fri: 2:30p-6:00p; Sat: 11:00a-4:00p

**Huntersville Community Center (HV), 830 Goff Street • Norfolk 23504**

Office: (757) 664-7434

Hours: Tu-Thu: 2:30p-8:00p; Mon/Fri: 2:30p-6:00p; Sat: 11:00a-4:00p

**Ingleside Community Gym (IG), 960 Ingleside Road • Norfolk, VA 23502**

Office: (757) 226-7102 • Fax: (757) 226-7105

Hours: Tu-Thu: 2:30p-8:00p; Mon/Fri: 2:30p-6:00p; Sat: 11:00a-4:00p

**Ingleside Recreation Center (IS), 940 Ingleside Road • Norfolk 23502**

Office: (757) 441-5621 • Fax: (757) 441-5675

Hours: Tu-Thu: 2:30p-8:00p; Mon/Fri: 2:30p-6:00p; Sat: 11:00a-4:00p

**Lambert's Point Community Center • 1251 W. 42nd Street • Norfolk 23508**

Office: (757) 423-1088 • Fax: (757) 423-1408

Hours: Mon-Fri: 10:00a-8:30p Sat: 11:00a-4:00p

**Merrimack Landing Recreation Center • 8809 Monitor Way • Norfolk 23503**

Office: (757) 441-1783

Hours: Tu-Thu: 2:30p-8:00p; Mon/Fri: 2:30p-6:00p; Sat: 11:00a-4:00p

**Norview Community Center • 6380 Sewells Point Road • Norfolk 23513**

Office: (757) 441-1440 • Fax: (757) 441-5917

Hours: Mon-Fri: 10:00a-8:30p Sat: 11:00a-4:00p

**Park Place Community Center • 606 W. 29th Street • Norfolk 23508**

Office: (757) 664-7531 • Fax: (757) 823-4365

Hours: Tu-Thu: 2:30p-8:00p; Mon/Fri: 2:30p-6:00p; Sat: 11:00a-4:00p

**Sherwood Forest Community Center • 4537 Little John Dr. • Norfolk 23513**

Office: (757) 441-5824

Hours: Tu-Thu: 6:30a-9:30a, 3:00p-8:00p; Mon/Fri: 6:30a-9:30a, 3:00p-6:00p; Sat: 11:00a-4:00p

**Tarrallton Community Center • 2100 Tarrallton Drive • Norfolk 23518**

Office: (757) 441-1765 • Fax: (757) 441-1765

Hours: Tu-Thu: 6:30a-9:30a, 3:00p-8:00p; Mon/Fri: 6:30a-9:30a, 3:00p-6:00p; Sat: 11:00a-4:00p

**Titustown Recreation Center • 7545 Diven Street • Norfolk 23505**

Office: (757) 441-1259 • Fax: (757) 441-1288

Hours: Tu-Thu: 2:30p-8:00p; Mon/Fri: 2:30p-6:00p; Sat: 11:00a-4:00p

**Young Terrace Community Center • 804 Whitaker Lane • Norfolk 23510**

Office: (757) 441-2692 • Fax: (757) 441-2754

Hours: Tu-Thu: 6:30a-9:30a, 3:00p-8:00p; Mon/Fri: 6:30a-9:30a, 3:00p-6:00p; Sat: 11:00a-4:00p



## Get the All Access Pass to Fun

It's never been easier to have year-round fun in Norfolk.

Enjoy the amenities and events at the city's 18 recreation centers and five pools with the RPOS Facility Use ID Card.



### Cards valid for one year!

Youth • Ages 5-17 • \$10

Adults • Ages 18-64 • \$20

Seniors • Age 65 & Better • Free

Non-Residents • All Ages • \$50

Daily Guest Pass • \$2

### Check Out Our Family Discount Plans!

One Parent & One Child • \$25

One Parent & Up To Three Children • \$30

Two Parents & One Child • \$40

Family of Four or More • \$50

Cards printed at the following locations: Bayview, Berkley, Fairlawn, Huntersville, Ingleside Gym, Lambert's Point, Norview & Titustown. Printing hours vary. Contact your nearest location for details. Visit [Norfolk.gov/Play](http://Norfolk.gov/Play) for more information.

# RECREATION CENTERS

## Be Cool Before & After School

### Join the RPOS Before & After School Program

Offered at six locations:

Bayview • Crossroads • Fairlawn  
Sherwood Forest • Tarrallton  
Young Terrace

**Affordable Weekly Pricing:**

**\$20 • Before School Only**

**\$20 • After School Only**

**\$30 • Before & After School**

Students must be enrolled in Kindergarten - Fifth Grade at adjacent the elementary school. Call the participating centers for more details!

Students take part in a variety of fun activities to include arts & crafts, active games, homework help, fitness programs, and more!



Fall  
Registration begins  
08/15. Program fills  
quickly! Call your  
preferred site for  
details today!

## PLAYDAY2015

September 19th • 10:00a-2:00p

Join us at Tarrallton Park, 2100 Tarrallton Drive, for free family fun. Enjoy games, bounce houses, fitness, pony rides, vendors, sports demonstrations, carnival games, a 24-foot slide, and more.

Demonstrations



Kids Fitness



Fun & Games



Special Guests



Friendly Vendors



**GetOut&Play**  
More Details: [Norfolk.gov/Play](http://Norfolk.gov/Play)



AQUATICS HOTLINE • (757) 441-1605

**INDOOR POOLS • OPEN YEAR-ROUND**  
**HUNTERSVILLE SWIMMING POOL**  
 830 Goff Street • Norfolk, VA 23504  
 Office: (757) 664-7431 • Fax: (757) 664-7432  
 Hours: Mon-Fri: 6:30a-8:00p • Sat: 8:00a-5:00p

**NORFOLK FITNESS & WELLNESS CENTER (NFWC)**  
**INDOOR & OUTDOOR SWIMMING POOL**  
 7300 Newport Avenue • Norfolk, VA 23505  
 Office: (757) 823-4306 • Fax: (757) 823-4313  
 Hours: Mon-Fri: 6:30a-8:00p • Sat: 8:00a-4:45p  
 Membership Required: See page 22

**NORTHSIDE SWIMMING POOL**  
 8401 Tidewater Drive • Norfolk, VA 23518  
 Office: (757) 441-1760 • Fax: (757) 441-1706  
 Hours: Mon-Fri: 6:30a-8:00p • Sat: 8:00a-5:00p

**SOUTHSIDE AQUATIC CENTER**  
 1750 Campostella Road • Norfolk, VA 23523  
 Office: (757) 333-3281 • Fax: (757) 333-3485  
 Hours: Mon-Fri: 6:30a-8:00p • Closed Thursdays  
 Sat: 8:00a-5:00p • Sun: 1:00p-5:00p

## Pool Party Rentals

Enjoy your next birthday party at one of Norfolk's indoor pools. Northside, NFWC, and the Southside Aquatic Center all have community rooms available for rental to accommodate your next celebration. Guests will receive use of designated pool space and the party area, accommodating up to 25 attendees. Certified lifeguards are on duty during the event. Parties for ages 13 and under only.

Rental fees are \$40/hour, plus a \$25, non-refundable application fee. Reservations are accepted for two hour time periods on Saturdays (Sundays also at the Southside Aquatic Center). Availability is limited, book your party today!

Get more details at [www.Norfolk.gov/play](http://www.Norfolk.gov/play).

## Save The Date!

**7TH ANNUAL FUNDRAISER**  
 FOR NORFOLK ANIMAL CARE & ADOPTION CENTER



**Saturday, September 19**

Adoptable Pets from area Rescues and Shelters  
 Nail Clips, Microchip and Low Cost Vaccinations for dogs  
 Dog Swimsuit Contest, Canine Games and Treats  
 Kid's Corner Art & Crafts, Exhibits, Food and Refreshments

**NORFOLK WELLNESS & FITNESS CENTER**  
 7300 NEWPORT AVE, NORFOLK

For more information go to:

[www.friendsofnacc.com](http://www.friendsofnacc.com)



## YOUTH LEARN TO SWIM

### PARENT & CHILD AQUATICS: LEVELS 1 & 2

To familiarize very young children and their parent(s) or caregiver(s) with basic elements of water safety and the learn-to-swim program. This course is not designed to teach children to be strong swimmers or to survive in the water on their own. Child must be at least 6 mos. of age and wear a swim diaper if needed. Parent or caregiver must accompany child in the water.

**PARENT & CHILD AQUATICS LEVEL 1**  
 Ages six mos. to three - no prerequisites

**LOCATION: NFWC POOL**  
 110101-11 Tu,Th 9/15-10/8 10-10:30a 9/4 \$25/\$38

**LOCATION: NORTHSIDE POOL**  
 110101-01 Sa 9/19-11/7 12-12:30p 9/4 \$25/\$38

**LOCATION: SOUTHSIDE AQUATIC**  
 110101-21 Sa 9/19-11/7 9-9:30a 9/4 \$25/\$38

**PARENT & CHILD AQUATICS LEVEL 2**  
 Ages six mos. to three • Prerequisite: Completion of parent & child aquatics Level 1.

**LOCATION: NORTHSIDE POOL**  
 110102-01 Sa 9/19-11/7 12-12:30p 9/4 \$25/\$38

**LOCATION: SOUTHSIDE AQUATIC**  
 110102-21 Sa 9/19-11/7 9-9:30a 9/4 \$25/\$38

**PRESCHOOL AQUATICS: LEVELS 1-3****LEVEL 1**

Ages 4-5 • No skill prerequisites. To orient preschool-age children to aquatic environments and to help them acquire rudimentary levels of basic aquatic skills. Child must confidently separate from parent and follow instructor's direction.

**LOCATION: HUNTERSVILLE POOL**

I10201-31	M,W	9/14-10/7	5-5:45p	9/4	\$30/\$45
I10201-32	Sa	9/19-11/7	9-9:45a	9/4	\$30/\$45

**LOCATION: NFWC POOL**

I10201-13	Tu,Th	10/13-11/5	11-11:45a	10/6	\$30/\$45
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I10201-11	Tu,Th	9/15-10/8	11-11:45a	9/4	\$30/\$45
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**LOCATION: NORTHSIDE POOL**

I10201-01	M	9/14-11/2	5-5:45p	9/4	\$30/\$45
I10201-02	W,F	9/16-10/9	5-5:45p	9/4	\$30/\$45
I10201-03	Sa	9/19-11/7	11-11:45a	9/4	\$30/\$45
I10201-04	Sa	9/19-11/7	12-12:45p	9/4	\$30/\$45

**LOCATION: SOUTHSIDE AQUATIC**

I10201-23	M,W	10/12-11/4	6-6:45p	9/4	\$30/\$45
I10201-21	M,W	9/14-10/7	6-6:45p	9/4	\$30/\$45
I10201-22	Sa	9/19-11/7	9-9:45a	9/4	\$30/\$45

**LEVEL 2**

Ages 4-5 • Prerequisite: Completion of Preschool Aquatics Level 1 or must demonstrate ability to perform exit skills of that level. To build upon basic aquatic skills learned in Preschool Aquatics Level 1.

**LOCATION: HUNTERSVILLE POOL**

I10202-31	M,W	9/14-10/7	5-5:45p	9/4	\$30/\$45
I10202-32	Sa	9/19-11/7	9-9:45a	9/4	\$30/\$45

**LOCATION: NFWC POOL**

I10202-13	Tu,Th	10/13-11/5	12-12:45p	10/6	\$30/\$45
I10202-11	Tu,Th	9/15-10/8	12-12:45p	9/4	\$30/\$45

**LOCATION: NORTHSIDE POOL**

I10202-01	W,F	9/16-10/9	6-6:45p	8/24	\$30/\$45
I10202-03	Sa	9/19-11/7	12-12:45p	9/4	\$30/\$45
I10202-02	Sa	9/19-11/7	9-9:45a	9/4	\$30/\$45

**LEVEL 3**

Ages 4-5 • Prerequisite: Completion of Preschool Aquatics Level 2 or must demonstrate the ability to perform exit skills of that level.

**LOCATION: NFWC POOL**

I10203-13	Tu,Th	10/13-11/5	12-12:45p	10/6	\$30/\$45
I10203-11	Tu,Th	9/15-10/8	12-12:45p	9/4	\$30/\$45

**LEVEL I: INTRODUCTION TO WATER SKILLS**

AGES 6-15 • No skill prerequisites. Child must confidently separate from parent and follow instructor's directions. To begin developing positive attitudes, good swimming habits and safe practices in and around the water.

**LOCATION: HUNTERSVILLE POOL**

I10301-33	M,W	10/19-11/16	5-5:45P	10/12	\$30/\$45
I10301-31	M,W	9/14-10/7	6-6:45P	9/4	\$30/\$45
I10301-32	SA	9/19-11/7	9-9:45A	9/4	\$30/\$45

**LOCATION: NFWC POOL**

I10301-13	TU,TH	10/13-11/5	4-4:45P	10/6	\$30/\$45
I10301-11	TU,TH	9/15-10/8	4-4:45P	9/4	\$30/\$45

**LOCATION: NORTHSIDE POOL**

I10301-05	W,F	10/21-11/18	5-5:45P	10/14	\$30/\$45
I10301-01	M	9/14-11/2	6-6:45P	9/4	\$30/\$45

I10301-02	W,F	9/16-10/9	5-5:45P	9/4	\$30/\$45
I10301-03	SA	9/19-11/7	10-10:45A	9/4	\$30/\$45
I10301-04	SA	9/19-11/7	11-11:45A	9/4	\$30/\$45

**LOCATION: SOUTHSIDE AQUATIC**

I10301-23	M,W	10/12-11/4	6-6:45P	9/4	\$30/\$45
I10301-21	M,W	9/14-10/7	6-6:45P	9/4	\$30/\$45
I10301-22	SA	9/19-11/7	10-10:45A	9/4	\$30/\$45

**LEVEL II: FUNDAMENTAL AQUATIC SKILLS**

Ages 6-15 • Prerequisite: Valid Level I certificate or must demonstrate ability to perform exit skills of that level. To improve fundamental skills, including learning how to float without support, and to recover a vertical position.

**LOCATION: HUNTERSVILLE POOL**

I10302-33	M,W	10/19-11/16	5-5:45p	10/12	\$30/\$45
I10302-34	M,W	10/19-11/16	6-6:45p	10/12	\$30/\$45
I10302-31	M,W	9/14-10/7	6-6:45p	9/4	\$30/\$45
I10302-32	Sa	9/19-11/7	10-10:45a	9/4	\$30/\$45

**LOCATION: NFWC POOL**

I10302-13	Tu,Th	10/13-11/5	5-5:45p	10/6	\$30/\$45
I10302-11	Tu,Th	9/15-10/8	5-5:45p	9/4	\$30/\$45

**LOCATION: NORTHSIDE POOL**

I10302-04	W,F	10/21-11/18	5-5:45p	10/14	\$30/\$45
I10302-01	M	9/14-11/2	6-6:45p	9/4	\$30/\$45
I10302-02	W,F	9/16-10/9	6-6:45p	9/4	\$30/\$45
I10302-03	Sa	9/19-11/7	11-11:45a	9/4	\$30/\$45

**LOCATION: SOUTHSIDE AQUATIC**

I10302-23	M,W	10/12-11/4	6-6:45p	10/2	\$30/\$45
I10302-21	M,W	9/14-10/7	6-6:45p	9/4	\$30/\$45
I10302-22	Sa	9/19-11/7	10-10:45a	9/4	\$30/\$45

**LEVEL III: STROKE DEVELOPMENT**

Ages 6-15 • Prerequisite: Valid Level I certificate or must demonstrate ability to perform exit skills of that level. To improve fundamental skills, including learning how to float without support, and to recover a vertical position.

**LOCATION: HUNTERSVILLE POOL**

I10302-34	M,W	10/19-11/16	6-6:45p	10/12	\$30/\$45
I10302-31	M,W	9/14-10/7	6-6:45p	9/4	\$30/\$45
I10302-32	Sa	9/19-11/7	10-10:45a	9/4	\$30/\$45

**LOCATION: NFWC POOL**

I10302-13	Tu,Th	10/13-11/5	6-6:45p	10/6	\$30/\$45
I10302-11	Tu,Th	9/15-10/8	6-6:45p	9/4	\$30/\$45

**LOCATION: NORTHSIDE POOL**

I10302-04	W,F	10/21-11/18	5-5:45p	10/14	\$30/\$45
I10302-01	M	9/14-11/2	6-6:45p	9/4	\$30/\$45
I10302-02	W,F	9/16-10/9	6-6:45p	9/4	\$30/\$45
I10302-03	Sa	9/19-11/7	11-11:45a	9/4	\$30/\$45

**LOCATION: SOUTHSIDE AQUATIC**

I10302-23	M,W	10/12-11/4	6-6:45p	10/2	\$30/\$45
I10302-21	M,W	9/14-10/7	6-6:45p	9/4	\$30/\$45

## LEVEL IV: STROKE IMPROVEMENT

Ages 9-15 •Valid Level 3 certificate or demonstrate ability to perform exit skills of that level. To develop confidence in the strokes learned in level 3 and to improve other aquatic skills.

### LOCATION: HUNTERSVILLE POOL

110304-31 Sa	9/19-11/7 11-11:54a	9/4	\$30/\$45
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### LOCATION: NORTHSIDE POOL

110304-01 M	9/14-11/2 5-5:45p	9/4	\$30/\$45
110304-02 Sa	9/19-11/7 9a-9:45p	9/4	\$30/\$45

## LEVEL V: STROKE REFINEMENT

Ages 9-15 •Valid Level 4 certificate or must demonstrate ability to perform exit skills of that level. To learn how to further coordinate and refine strokes.

### LOCATION: NORTHSIDE POOL

110305-02 W,F	10/21-11/18 5-5:45p	10/14	\$30/\$45
110305-01 Sa	9/19-11/7 10-10:45a	9/4	\$30/\$45

## LEVEL VI: FITNESS SWIMMER

Ages 9-15 •Valid Level 5 certificate or must demonstrate ability to perform exit skills of that level. To refine strokes so participants swim with more ease, efficiency, power and smoothness over greater distances.

### LOCATION: NORTHSIDE POOL

110306-01 Sa	9/19-11/7 12-12a	9/4	\$30/\$45
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## TEEN & ADULT SWIMMING/ FITNESS

### BEGINNER SWIMMING

Ages 16 & Up •Gain a comfort level performing front and back strokes. This course is designed to be repeated to progress through each level at an individual pace.

#### LOCATION: HUNTERSVILLE POOL

110307-31 Sa	9/19-11/7 12-12:45a	9/4	\$30/\$45
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#### LOCATION: NORTHSIDE POOL

110307-01 W	9/16-11/4 6-6:45p	9/4	\$30/\$45
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#### LOCATION: SOUTHSIDE AQUATIC

110307-21 W,Sa	9/19-11/7 11-11:45a	9/4	\$30/\$45
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## ADULT STROKE IMPROVEMENT

Ages 16- & Up •Pre-requisite: Ability to swim 50 yard (25 on front and 25 on back). Refine stroke performance and increase endurance.

### LOCATION: HUNTERSVILLE POOL

110308-31 Sa	9/19-11/7 11-11:45a	9/4	\$30/\$45
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## AQUATIC ARTHRITIS EXERCISE

Ages 16 & Up •Instructor leads participants in exercises that help improve joint flexibility and muscle strength. Instructors are trained and certified by the Arthritis Foundation. Note: Water shoes, gloves, swim caps and other water wear may be worn for those sensitive to 84-86 degree water temperatures.

### LOCATION: NFWC POOL

110401-11 M,W,F	10/2-10/30 11-11:50a	9/4	\$30/\$45
110401-12 M,W,F	11/2-11/30 11-11:50a	10/26	\$30/\$45

### LOCATION: NORTHSIDE POOL

110401-02 M,W,F	10/2-10/30 1-1:50p	9/22	\$30/\$45
110401-03 M,W,F	11/2-11/30 1-1:50p	10/23	\$30/\$45
110401-01 M,W,F	9/2-9/30 1-1:50p	11/22	\$30/\$45

## SHALLOW WATER FITNESS

Ages 16 & Up •Footwear: Water shoes are recommended. Improve your cardiovascular health, flexibility, muscle tone and endurance. Note: Water shoes, gloves, swim caps and other water wear may be worn for those sensitive to 84-86 degree water temperatures.

### LOCATION: NFWC POOL

110402-11 M,W,F	10/2-10/30 8-8:50a	9/4	\$30/\$45
110402-12 M,W,F	11/2-11/30 8-8:50a	10/26	\$30/\$45

### LOCATION: NORTHSIDE POOL

110402-02 M,W,F	10/2-10/30 9-9:50a	9/4	\$30/\$45
110402-03 M,W,F	11/2-11/30 9-9:50a	10/26	\$30/\$45

## DEEP WATER FITNESS

Ages 16 & Up •Prerequisite: Participants must be able to tread water comfortably without the use of a flotation device. Flotation Device: Participants wear flotation belt for buoyancy. Flotation belts are provided. Enjoy a high-energy, non-impact cardiovascular workout in deep water.

### LOCATION: NFWC POOL

110403-11 T,TH	10/1-10/29 9-9:50a	9/4	\$25/\$38
110403-12 T,TH	11/3-11/24 9-9:50a	10/28	\$25/\$38

### LOCATION: NORTHSIDE POOL

110403-02 M,W,F	10/2-10/30 6-6:50p	9/4	\$30/\$45
110403-03 M,W,F	11/2-11/30 6-6:50p	10/26	\$30/\$45

## AMERICAN RED CROSS LIFEGUARD TRAINING

ALL AGES; Prerequisite: Participants must successfully complete the pre-course swimming test. Pre-course swimming tests are conducted weekly at each indoor pool throughout the year. For pre-course testing dates and times please call (757) 441-1605. Lifeguard candidates will be trained to prevent and respond to emergencies in and around the water. Upon successful completion of this course, students will receive American Red Cross certifications (two year) in Lifeguard Training, First Aid, Emergency Oxygen and CPR/AED for the Professional Rescuer. Students must purchase class supplies by the first class meeting. Prior to the course start date, contact the pool where you are enrolled for class supply information, as well as pre-test dates and times.

Please call Aquatic Hotline for next scheduled classes at (757) 441-1605.



**Lakewood Athletic Office**

1612 Willow Wood Drive  
Norfolk, VA 23509  
Office: (757) 441-5834/5835  
Fax: (757) 441-5975

Hours: Monday, Wednesday - 9a to 8p  
Tuesday, Thursday, Friday - 9a to 6p

**NORTHSIDE SKATE PLAZA**

8401 Tidewater Drive • Norfolk, VA 23518

Open Daily • Sunrise to Sunset

The Northside Skate Plaza is a "SKATE AT YOUR OWN RISK" park. The skate plaza is free of charge and open from sunrise to sunset. The park will be manned during peak hours (which may vary based on the time of year). Special events will be posted on the display board at the skate plaza.

**YOUTH SPORTS LEAGUES****YOUTH SPORTS AGE DIVISIONS**

DIVISION	GENDER	AGE MIN	AGE MAX
MIGHTY MITE	CO-ED	5	7
PEE-WEE	BOYS	8	9
MIDGET	BOYS	10	11
MIDGET	GIRLS	10	11
BANTAM	BOYS	12	13
BANTAM	GIRLS	12	13
JUNIOR	BOYS	14	15
JUNIOR	GIRLS	14	15
SENIOR	BOYS	16	17

**Requirements for participation:**

- Must be a resident of Norfolk.
- Must meet all age and weight requirements (if applicable) as specified for the sport.
- Child can play on only one sports team per season.
- Must possess a current Athletic I.D. Card issued by the City of Norfolk. Athletic I.D. Card costs \$5 per child and is valid for one year from the date issued. Information on how to acquire an Athletic I.D. Card will be made available at time of registration.

Additional registration fees as well as equipment and supply costs may apply and are determined by the affiliate athletic association of your child's sports team. For contact information for individual athletic associations or additional information about youth sports leagues, call the Lakewood Athletic Office at (757) 441-5834 or 5835.

**PLEASE NOTE THAT LAKEWOOD ATHLETIC OFFICE DOES NOT HAVE A TEAM BUT ONLY ASSISTS INDIVIDUALS WITH FINDING ATHLETIC ASSOCIATIONS LOOKING FOR PLAYERS.**

**BOXING****TEAM NORFOLK BOXING**

2500 Barraud Avenue • Norfolk, VA 23504

Office: (757) 441-2787/2326 • Fax: (757) 441-2327

Are you looking for a unique program to help you get fit? Are you looking for a program to teach you the sweet science of boxing and the opportunity to apply those skills? Team Norfolk is the perfect program for you. Team Norfolk has developed State & Regional Champions on the Junior and Senior levels and has developed its first professional fighter. Come and join Team Norfolk! Become a champion!!

Participants must be Norfolk residents and must possess a current Athletic I.D. Card issued by the City of Norfolk. Athletic I.D. Card costs \$5 (\$10 for ages 18 & up) and is valid for one year from date issued. Information on how to acquire an Athletic I.D. Card will be made available at time of registration. Participants involved in competition must pay a \$50 annual registration fee to USA Boxing. See Coach Gloria Peek for more information or contact (757) 441-2326 or 2787.

**Barraud Park Boxing Center Hours**

Days	Office Hours	Participant Ages	Program Hours
Mon- Thur	1:00p - 4:00p	8-16	4:30p - 6:00p
		17 - Adults	6:00p - 8:00p
Fri	10:00a - 4p	8-16	Closed
		17-Adults	6:30p - 8:30p
Sat & Sun	Closed	Closed	Closed

**Youth Indoor Soccer League**

Ages 5-16 (as of 11/01/15) refer to chart above

Registration: Wed, Sept 28-Fri, Oct 30

Season Begins: Fri, Nov 6

Game Days: Friday

Coaches' Meeting: Wed, Sep 23 at 6:30p

Meeting Location: Lakewood Athletic Office

Athletic ID Card Fee: \$5

**YOUTH SPORTS QUICK REFERENCE GUIDE**

SPORT	AGES	SEASON	GAME SITES	LEAGUE SANCTION
FOOTBALL	5-14	SEP-NOV	CITY PARK, INGLESIDE, LAKEWOOD, AZALEA GARDENS (TAC), TARRALLTON	VHSL GUIDELINES
BASKETBALL	5-17	JAN-MAR	VARIOUS RECREATION CENTERS	VHSL GUIDELINES

# ATHLETICS & REC SPORTS

Registration begins August 17!

## TAE KWON DO - FOR AGES 5 & UP

try this popular sport and exercise that knows no gender or age boundaries. Develop strength, speed, balance, flexibility and stamina as well as mental and physical discipline. Instructed by 6th Degree Black Belt, Mark Gerszewski. Additional fees for uniforms, etc. will be required.

### TAE KWON DO I

Ages 5 & Up •

LOCATION: NFWC

141601-01	Tu,F	10/6-10/30 4:45-5:45p	9/29 \$38/\$57
141601-02	Tu,F	11/3-11/27 4:45-5:45p	10/27 \$43/\$62

### TAE KWON DO II

Ages 5 & Up •

LOCATION: NFWC

141602-01	Tu,F	10/6-10/30 5:45-6:45p	9/29 \$38/\$57
141602-02	Tu,F	11/3-11/27 5:45-6:45p	10/27 \$38/\$57

### TAE KWON DO III

Ages 5 & Up •

LOCATION: NFWC

141603-01	Tu,F	10/6-10/30 6:45-7:45p	9/29 \$38/\$57
141603-02	Tu,F	11/3-11/27 6:45-7:45p	9/29 \$38/\$57



Register for all martial arts courses at Norfolk Fitness & Wellness Center (NFWC) located at 7300 Newport Avenue. Instructor cannot accept registrations or payments. For additional information about the course, call the Lakewood Athletic Office at (757) 441-5834 or 5835.

## Tennis Instruction

Register for private tennis lessons instructed by USPTA Professional (Pro-I) Jack Pepoit.

**Ages: Five - Adult**  
**All Skills Levels Welcome**  
**Location: Northside Park**

**About the Instructor:**  
Jack brings years of experience developing players at resorts, clubs and camps across the country.

To register, contact Jack at [jackpepiot@hotmail.com](mailto:jackpepiot@hotmail.com) or 757-441-5835. All lessons are coordinated through instructor.



## REMINDER

**NO CLASSES WILL BE HELD ON WEDNESDAY, NOVEMBER 11**  
**IN RECOGNITION OF VETERANS DAY**

## ADULT SPORTS LEAGUES

Enjoy fun, yet competitive sports play designed for the athlete, former athlete, aspiring athlete or the "not-so-athletic" athlete. Different leagues offer varying levels of competition. All games are assigned well-trained officials. To join a team, call the Lakewood Athletic Office (contact information and hours on page 9).

### ADULT SPORTS: QUICK REFERENCE GUIDE

SPORT	AGES	SEASON	GAME SITES	COST	SANCTION
BASKETBALL (MEN'S & WOMENS)	18 & UP	MAR-APR	FAIRLAWN, INGLESIDE GYM, NORVIEW	\$450/TEAM	VHSL
SOFTBALL (MEN'S, WOMEN'S & CO-ED)	18 & UP	APR-JUL (SPRING) AUG-NOV (FALL)	FAIRLAWN, LAKEWOOD, NORTHSIDE, POPLAR HALL, TARRALLTON	\$400/TEAM	ASA

# FROM HERE TO ETERNITY TWILIGHT 5K



## Run Like A Victorian!

Saturday, 10•24•15

Registration Begins 3:30pm ~ Run/Walk 5:00pm

Elmwood & West Point Cemeteries, Norfolk

Awards Presentation & After Party @ The Plot on Granby

Register Today @

[www.NorfolkSocietyforCemeteryConservation.org](http://www.NorfolkSocietyforCemeteryConservation.org)

or Find Us on [RaceRoster.com](http://RaceRoster.com) & Facebook!



# VISUAL ARTS

Registration begins August 17!

## TITUSTOWN VISUAL ARTS CENTER

7545 Diven Street • Norfolk, VA 23505

Office: (757)441-1227 • Fax: (757) 441-1279

Hours: Mon-Thu: 10:00a-5:00p • Fri: 10:00a-4:00p

Evening and Saturday hours based on course schedule.

## the Paul Street Gallery presents the CLAY MUG show

an exhibition celebrating clay artwork by participants and instructors.

SEPTEMBER 19-NOVEMBER 15, 2015

join us for our opening reception on  
Saturday, September 19, 2015! 11:00am-1:00pm



RECREATION, PARKS & OPEN SPACE  
NORFOLK  
LIFE, ENHANCED BY

## YOUTH ART

Students will be provided a listing of necessary materials at registration.

### WHOO'S WHOOO New!

Ages 4-7 • Have a Screech and Hoooot of a good time! Draw, paint and get to know these marvellously feathered friends. Instructed by Shara Wertz

LOCATION: VISUAL ARTS CTR

180104-01 Th 9/24-10/8 4:30-5:30p 9/17 \$30/\$45

### SHIPWRECKED

Ages 4-7 • Explore the deep blue sea and surface with forgotten sunken treasures. Create various pieces of artwork inspired by artifacts and treasures once lost to an underwater world. Instructed by Shara Wertz

LOCATION: VISUAL ARTS CTR

180105-01 Th 10/29-11/12 4:30-5:30p 10/22 \$30/\$45

### DRAWING: CARTOONING

Ages 8-17 • Cartoons speak to children in a language they love--- fun and laughter! Enjoy drawing cartoons using basic shapes and techniques.

Instructed by Thomas Murphy

LOCATION: VISUAL ARTS CTR

180201-01 Tu 9/22-11/10 4:30-5:30p 9/15 \$35/\$53

### DRAWING: PRIVATE DRAWING

Ages 8-17 • Break away from the crowd and spend time drawing one on one! Explore the fundamentals of drawing including perspective, line and shading.

LOCATION: VISUAL ARTS CTR

180202-01 M 9/28-10/26 4:30-5:15p 9/21 \$75/\$113

### HOMESCHOOL POTTERY ON THE WHEEL

Ages 8-17 • New students will focus on centering and foundational forms, such as cylinders and bowls, in addition to glazing. Returning students will learn to alter cylindrical forms and as students advance further handles, lids, plates and new types of decoration will be introduced. Students will learn the appropriate use of tools, glazes and studio safety. Instructed by Shara Wertz.

LOCATION: VISUAL ARTS CTR

180302-01 M 9/14-11/2 1-3:30p 9/7 \$50/\$75

### HOMESCHOOL DRAWING

Ages 8-17 • See the world from a whole new perspective! Learn to use line, perspective, shading and texture to create fantastic works of art! Create drawings from real life objects as well as your imagination! This class is open to all levels of experience. Instructed by Shara Wertz.

LOCATION: VISUAL ARTS CTR

180303-01 F 10/9-11/13 10:30-11:30a 10/2 \$45/\$68

### PAINTING LIKE THE MASTERS

Ages 13-17 • Create paintings in the style of the Old Masters such as Cezanne, Matisse and Monet! Instructed by Shara Wertz.

LOCATION: VISUAL ARTS CTR

180402-01 W 9/16-9/30 6:30-8p 9/9 \$35/\$53

### SUMI-E INK PAINTING New!

Ages 8-17 • Learn about oriental brush painting. Create stunning ink paintings. Capture the essence of nature's beauty with graceful strokes of the brush!

Instructed by Joan Grosch

LOCATION: VISUAL ARTS CTR

180407-01 W 9/16-9/30 4:30-6p 9/9 \$35/\$53

### TEEN HANDBUILT POTTERY

Ages 13-17 • Clay is an inviting material that can easily be rolled, squeezed and smoothed to create surprising hand-built vessels. Unearth a variety of hand-building techniques while focusing on the development of form and design.

Instructed by Shara Wertz. **No class Nov 11.**

LOCATION: VISUAL ARTS CTR

180501-01 W 10/7-11/18 6:30-8p 9/23 \$35/\$53

### POTTERY ON THE WHEEL YOUTH

Ages 8-17 • New students will focus on centering and foundational forms, such as cylinders and bowls, in addition to glazing. Returning students will learn to alter cylindrical forms and as students advance further handles, lids, plates and new types of decoration will be introduced. All students will learn to practice appropriate use of tools, glazes and studio safety. Instructed by Shara Wertz.

LOCATION: VISUAL ARTS CTR

180502-01 M 9/14-11/2 6-8:30p 9/7 \$50/\$75

### ANCIENT FORMS: AMPHORA New!

Ages 8-12 • The amphora jar is an example of a classic ceramic vessel from ancient Greece. Use hand-built techniques to construct and decorate an ancient-form inspired ceramic jar. Instructed by Shara Wertz. **No Class Nov 11.**

LOCATION: VISUAL ARTS CTR

180503-01 W 10/7-11/18 4:30-6p 9/30 \$35/\$53

### CLAY FOOD ART New!

Ages 9-12 • Dive into some DELICIOUSLY rich clay for some food sculpture! Come to class with your very favorite plate of food in mind. Instructed by Clarice Gregory

LOCATION: VISUAL ARTS CTR

180504-01 Sa 11/7 10a-12p 10/30 \$40/\$58

## WORKSHOPS

## NIGHT TIME PAINTING

**Ages 8-14 •** Deep blues, purples and blacks. Starry nights, reflections and street lights. Create a landscape painting from imagination of the mysterious night time. Instructed by Bernard Conda.

LOCATION: TITUSTOWN VISUAL ARTS CENTER  
167856-42 W 11/12 6:30p-8:30p 11/07 \$35/\$53



The Duck, a nocturnal painting by artist/instructor Bernard Conda.

## ACRYLIC PAINTING: ADVANCED

**Ages 18 & Up •** Experienced painters will enjoy independent exploration of acrylic painting techniques with instructional guidance. Build new skills in all aspects of painting on canvas while participating in both individual and group projects. Instructed by: Beverly Furman

LOCATION: VISUAL ARTS CTR  
181001-01 Th 9/17-11/19 1-3p 9/10 \$50/\$75

## OIL PAINTING

**Ages 18 & Up •** Dive into the rich, irresistible texture of oil paint and experience its unmistakable depth and vibrancy. Instructed by: Thomas Murphy. No class Nov 11.

LOCATION: FAIRLAWN REC CTR  
181002-02 W 9/16-11/25 10a-12p 9/9 \$40/\$60  
181002-03 W 9/16-11/25 12:30a-2:30p 9/9 \$40/\$60  
181002-04 Th 9/17-11/19 10a-12p 9/10 \$40/\$60  
181002-05 Th 9/17-11/19 12:30-2:30p 9/10 \$40/\$60

## LOCATION: VISUAL ARTS CTR

181002-01 M 9/14-11/16 6:30-8:30p 9/7 \$40/\$60

## ORIENTAL BRUSH PAINTING

**Ages 18 & Up •** Bring nature to life, express the essence of a painting with the beauty and grace of simple brush strokes. Instructed by Joan Groesch. No class Nov 11.

LOCATION: VISUAL ARTS CTR  
181003-01 W 9/16-11/25 10:30a-12:30p 9/9 \$45/\$68

## PAINTING: STUDIO

**Ages 18 & Up •** Enjoy studio time outside of the classroom to paint and study independently. Students may work in the medium of their choice. Painting experience and the ability to work without instruction is required.

LOCATION: VISUAL ARTS CTR  
181004-01 Tu 9/15-11/3 1-3p 9/8 \$25/\$38

## ADULT ART

## ADOBE PHOTOSHOP

**Ages 18 & Up •** Curious about Adobe Photoshop? Take private lessons! Bring along your laptop installed with Adobe Photoshop (any version) and your favorite digital photos on a CD, memory card, or flash drive. Turn any digital photograph into a painting, drawing or have fun with collage! No laptop? No problem! We have a computer for class time use. Instructed by Leigh Babcock

LOCATION: VISUAL ARTS CTR  
180601-01 Tu 10/20-11/17 10:30-11:30a 10/13 \$125/\$188

## DRAWING/ALL LEVELS

**Ages 18 & Up •** Learning to draw means learning to see! Use the classic exercises to help you learn to draw faces, figures, animals and objects. Break down the hurdles to your success in drawing! Instructed by Thomas Murphy

LOCATION: VISUAL ARTS CTR  
180701-01 Th 10/1-11/19 6:30-8p 9/25 \$50/\$75

## MOSAICS

**Ages 18 & Up •** Go ahead and break something! Mosaic art is simply the process of adhering tile, glass, broken crockery, pebbles etc. to any smooth wooden surface. Mosaic designs may be used to decorate wooden frames, small table tops, pre-poured stepping stones, bird baths, tiles and sculpture! Instructed by Patricia Isenhour.

LOCATION: VISUAL ARTS CTR  
180901-01 Th 10/1-11/19 10a-12:30p 9/24 \$50/\$75  
180901-02 Th 10/1-11/19 6:30-9p 9/24 \$50/\$75

## ACRYLIC PAINTING: BEGINNER

**Ages 18 & Up •** If you have always wanted to try painting this is the ideal class for you. Get started by learning about acrylic paints, materials and the basic concepts of painting. Instructed by Thomas Murphy

LOCATION: VISUAL ARTS CTR  
181005-01 Tu 9/15-11/17 10a-12p 9/8 \$50/\$75



Mosaics in progress by LeRoy Walton.

# VISUAL ARTS

Registration begins August 17!

## BLACK & WHITE PHOTOGRAPHY

Ages 18 & Up • "Photography takes an instant out of time, altering life by holding it still." Dorothea Lange Ditch your digital life for the darkroom. Black and white photography is still a very classic art form and a great skill to acquire. Get the best results from your 35 mm camera and develop negatives and archival photographs in a darkroom. Instructed by Lenore Teevan.

LOCATION: VISUAL ARTS CTR

181101-01 W	9/16-11/4 6-8:30p	9/9	\$125/\$188
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## CLAY HANDBUILDING

Ages 18 & Up • Delve into exciting hand building techniques! Turn a clay slab into almost anything, explore textures, design techniques, shape, glazing application techniques and more! Instructed by: Ann Ruel No class Nov 11.

LOCATION: NORVIEW REC CTR

181201-01 Tu	9/15-11/17 10:30a-12:30p	9/8	\$45/\$68
181201-02 W	9/16-11/25 10:30a-12:30p	9/9	\$45/\$68

## FUNCTIONAL HANDBUILDING

Ages 18 & Up • Explore different slab and coil hand-building techniques to create functional pieces of pottery. Design unique forms by experimenting with texture and various methods of decoration. Instructed by Pam Gray.

LOCATION: VISUAL ARTS CTR

181202-01 Tu	9/15-11/17 6:30-8:30p	9/8	\$45/\$68
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## POTTERY ON THE WHEEL: BEGINNER

Ages 18 & Up • Learn how to center, throw and glaze as well as how to use equipment properly and safely. Instructed by Pam Gray. No class Nov 11.

LOCATION: VISUAL ARTS CTR

181203-02 W	9/16-11/25 10a-12p	9/9	\$50/\$75
181203-03 W	9/16-11/25 6:30-8:30p	9/9	\$50/\$75

## POTTERY ON THE WHEEL: INTERMEDIATE

Ages 18 & Up • Prerequisite: Completion of the introductory course or equivalent skill level. Must have experience centering clay and throwing forms to include cylinders and bowls. Explore the mystery of the ancient craft of throwing clay on the potter's wheel. Expand your skills in centering, form and glazing. Instructed by Mildred Tickle.

LOCATION: VISUAL ARTS CTR

181204-01 Tu	9/15-11/17 10a-12p	9/8	\$50/\$75
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## POTTERY ON THE WHEEL: ADVANCED

Ages 18 & Up • Prerequisite: Completion of the intermediate course or equivalent skill level. Instructor permission required. Please contact Titustown Visual Arts Center prior to registration to ensure you are approved for this class or to set up an appointment with the instructor. We reserve the right to remove students from this class who did not obtain permission. Develop new skills while focusing on simplicity of form, balance and proportion. Use color and design to complement your work. Instructed by: Mildred Tickle.

LOCATION: VISUAL ARTS CTR

181205-01 Tu	9/18-11/20 10a-12p	9/11	\$50/\$75
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## POTTERY OPEN STUDIO /NEW!

Ages 18 & Up • Open Studio/Pottery on the Wheel is offered specifically to participants who have completed an instructional Pottery on the Wheel class from our Visual Arts program. This class is for those individuals who enjoy independent studio without guidance from an instructor. Glazing dates are as follows 10/1, 10/12, 11/19.

LOCATION: VISUAL ARTS CTR

181205-01 F	9/17-11/19 6:30-8:30p	10/30	\$55/\$75
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## QUILTING

Ages 18 & Up • Quilt the time-honored way --- by hand. Learn to cut, piece, sew and finish a quilt. Explore design, composition and color as well.

LOCATION: VISUAL ARTS CTR

181301-01 M	9/14-11/16 10a-12p	9/7	\$30/\$45
181301-02 Tu	9/15-11/17 6:30-8:30p	9/8	\$30/\$45
181301-03 Th	9/17-11/19 10a-12p	9/10	\$30/\$45
181301-04 Th	9/17-11/19 6:30-8:30p	9/10	\$30/\$45

## SEWING/ALL LEVELS

Ages 18 & Up • Make a new hat or restore an old favorite. Learn to use clothing patterns to piece together the latest styles. Dress up the view with custom-made window treatments. Instructed by Deloris Johnson.

LOCATION: NORVIEW REC CTR

181302-01 Tu	9/15-11/17	6:30-8:30p	9/8	\$50/\$75
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## OPEN POTTERY STUDIO GUIDELINES

Open studio is available for registered pottery students, age 18 and over. Studio is intended for trimming and applying finishing touches to pieces created during class only. Students are limited to 10 hours of studio use per session and must work in the same room they attend class. Studio hours are based on course schedules and subject to change. A hand-building class and studio will be provided twice a year. Hand-building is permitted during designated class sessions only.

Guidelines for All Students:

- Over-sized work and production pottery is not permitted.
- Participants must thoroughly clean all work spaces including but not limited to wheels, tables and sinks.
- Glazing must be done during class and under the guidance of instructor/ approved staff.
- Only work produced during actual class time can be fired.
- Kilns are fired only when filled to capacity. Firing will conclude the final week of classes.
- Participants are not permitted to load or unload kilns.
- Pottery and other materials including clay and tools may be disposed of at the conclusion of each 10-week session.

## SILVER JEWELRY/ALL LEVELS

Ages 18 & Up • Students of all levels work independently with the guidance of teaching staff to develop individual designs while learning to saw, file, solder and polish metal. Beginning students should be able to bezel set a stone by the completion of this session. Advancing students will refine skills, learn additional techniques. Instructed by Fred Mason

LOCATION: VISUAL ARTS CTR

181401-01 Tu	9/15-11/17	10a-12p	9/8	\$55/\$83
181401-02 Tu	9/15-11/17	6:30-8:30p	9/8	\$55/\$83
181401-03 Sa	9/19-11/7	10a-12:30p	9/11	\$55/\$83

## STAINED GLASS: BEGINNER

Ages 18 & Up • Explore light and color in this introduction to the art of stained glass! Beginning projects teach glass-cutting, copper foil technique, lead coming technique and soldering. Instructed by Robert Peterson. **No class Oct 7, Oct 14, Nov 11.**

LOCATION: VISUAL ARTS CTR

181501-01 W	9/16-11/25	6:30-9p	9/9	\$55/\$83
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## STAINED GLASS: INTERMEDIATE&ADV

Ages 18 & Up • Two separate classes in one shared night! Intermediate participants must complete Beginning Stained Glass at the Visual Arts Center. Intermediate students build and refine skills in cutting, foiling, lead caning and soldering. Students will construct a flat panel lamp. Advanced participants must have completed Intermediate class projects at the Visual Arts Center. Advanced students develop and challenge skills by constructing a Tiffany-style lamp or a project of your choice. Instructed by Robert Peterson. **No class Oct 5, Oct 12.**

LOCATION: VISUAL ARTS CTR

181502-01	M 9/14-11/16	6:30-9p	9/7	\$55/\$83
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## WORKSHOPS

### A DAY W/ BEES

Ages 18 & Up • It's better with bees! Create a multi-media collage by placing photographs, text and three-dimensional objects between layers of beeswax. Instructed by: Leigh Babcock

LOCATION: VISUAL ARTS CTR

181601-01 Sa 11/7 10a-1p 10/30 \$35/\$53

### ART TALK/ART MAKING!

**New!**

Ages 18 & Up • A hands-on examination of the principles and elements of art. The what and the how of art! Increase your knowledge of what art is, identify artistic problems and begin solving them with guidance and lots of fun, hands-on work! Instructed by Thomas Murphy

LOCATION: VISUAL ARTS CTR

181614-01 Sa 11/14-11/21 10a-1p 11/6 \$35/\$53

### INTRO TO DRAWING!

**New!**

Ages 18 & Up • Break through and expand your expectation of what a drawing is. Get familiar with the fundamental concepts that will help you interpret the world in front of you. Instructed by Thomas Murphy

LOCATION: VISUAL ARTS CTR

181615-01 Sa 9/19-9/26 10a-1p 9/11 \$35/\$53

### ABSTRACT PAINTING

Ages 18 & Up • Break away from the "traditional" representation of the world around you. Experiment instead with the relationships between colors, lines and shapes. Discover new possibilities and forms of expression! Instructed by Thomas Murphy

LOCATION: VISUAL ARTS CTR

181616-01 Sa 10/3-10/17 10a-1p 9/25 \$35/\$53

### CLAY IMAGE TRANSFERS

**New!**

Ages 18 & Up • Create a beautiful hand-built piece of pottery. Give it a finishing touch by decorating it using slip and image transferring techniques. Instructed by Pam Gray No Class Oct 31.

LOCATION: VISUAL ARTS CTR

181617-01 Sa 10/24-11/7 10a-1p 10/16 \$35/\$53

### GLASS ORNAMENT

Ages 18 & Up • Design and create an eye catching stained glass holiday ornament. Instructed by Robert Peterson

LOCATION: VISUAL ARTS CTR

181618-01 F 10/23 10a-1p 10/16 \$35/\$53

### AUTUMN WITH MONET

**New!**

Ages 13-17 • Celebrate the turning of the seasons with Claude Monet! Be inspired to paint and embrace all the colors autumn offers while creating your own masterpiece. Instructed by Shara Wertz.

LOCATION: VISUAL ARTS CTR

181619-01 Sa 10/10 10a-12p 10/2 \$35/\$53

### FAMILY SCARECROW WORKSHOP!

**New!**

Ages 10-15 • Why not build your own holiday scarecrow this Fall instead of buying one! All you need is a few supplies and a big imagination! Instructed by Leigh Babcock

LOCATION: VISUAL ARTS CTR

181620-01 Sa 10/3 10a-1p 10/3 \$35/\$53


### CLAY ORNAMENTS!

**New!**

Ages 18 & Up • Make your own clay holiday ornaments using a variety of color, techniques and textures. Ornaments will be designed using colorful slips and underglazes! Instructed by Pam Gray

LOCATION: VISUAL ARTS CTR

181621-01 Th 11/19 6-9p 11/12 \$35/\$53



*You are cordially invited to attend*  
**The 8th Annual T.W.P. Fundraiser**

# ART-TASTIC GALA

Saturday, November 7th, 2015  
**CHRYSLER MUSEUM  
OF ART**

245 W Olney Road Norfolk, Virginia  
 6:00pm Theatre Event & Award Presentation  
 7:30pm Dinner

Purchase your ticket online at: [2015TWPGala.Eventbrite.com](http://2015TWPGala.Eventbrite.com)  
 757-747-2679 [INFO@TWPTHEMOVEMENT.ORG](mailto:INFO@TWPTHEMOVEMENT.ORG)  
[WWW.TWPTHEMOVEMENT.ORG](http://WWW.TWPTHEMOVEMENT.ORG)

## the Paul Street Gallery presents the CLAY MUG show

an exhibition celebrating clay artwork by participants and instructors.

SEPTEMBER 19-NOVEMBER 15, 2015

join us for our opening reception on  
Saturday, September 19, 2015! 11:00am-1:00pm



CELEBRATION, PARKS & GARDENS  
**NORFOLK**  
Gift, Entertainment, Retail

**LAKEWOOD DANCE & MUSIC CENTER**  
1612 Willow Wood • Norfolk, VA 23509  
Office: (757)441-5833 • Fax: (757) 441-5905  
Hours: Mon-Thu: 9:30a-1:00p; 3:00p-6:00p  
Fri: 9:30a-1:00p; 3:00p-5:00p

The Lakewood Dance & Music Advisory Committee and  
Norfolk RPOS Present

## Dance Magic

Saturday, December 5, 2015

5:00 p.m.

Harrison Opera House  
160 E. Virginia Beach Blvd • Norfolk, VA

Tickets: \$10 per person

Tickets are sold at The Scope Box Office, 201 E. Brambleton Ave., Norfolk. Ticket sales dates will be announced in class. Box Office hours are Mon-Fri, 10:00a-5:00p. Tickets are also available online at [www.ticketmaster.com](http://www.ticketmaster.com). Ticketmaster surcharges apply. Amount will vary depending on transaction. If not sold out, tickets will be available one (1) hour prior to the show at Harrison Opera House. All sales are final. For more information, call Lakewood Dance & Music Center at (757) 441-5833.

All persons regardless of age must have a ticket for this event. Performers do not need a ticket. Costume and rehearsal information will be distributed during class.

The Lakewood Dance & Music Advisory Committee and  
Norfolk RPOS Present

## Fall Music Recital/Party

Saturday, November 21, 2015

3:00 p.m.

Lakewood Dance & Music Center  
1612 Willow Wood Drive • Norfolk, VA

For youth music students enrolled in the  
Fall 2015 session only.  
Free Admission.

For more information, call the Lakewood Dance &  
Music Center.

**Note: Parents picking up minor children must arrive five to ten minutes before class ends.**

### BALLET I

Ages 7-13 • Class includes barre work, basic ballet skills, attention to posture and safe stretching technique. No class Nov 11, Nov 25.

LOCATION: LAKEWOOD DANCE/MUSIC

130310-01 Sa	9/19-11/21 11:30a-12:30p	9/4	\$32/\$48
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LOCATION: NFWC

130310-02 Tu	9/15-11/17 5:30-6:30p	9/4	\$32/\$48
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LOCATION: NORVIEW COM CTR

130310-03 Th	9/17-11/19 6:30-7:30p	9/4	\$32/\$48
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Ages 13 & Up

LOCATION: LAKEWOOD DANCE/MUSIC

130310-04 W	9/16-12/2 7-8p	9/4	\$32/\$48
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130310-05 Sa	9/19-11/21 9:30-10:30a	9/4	\$32/\$48
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### BALLET II

Ages 7-13 • Prerequisite: Ballet I or equivalent dance skills. Instructor permission required. Advanced barre work, center work and ballet skills.

LOCATION: LAKEWOOD DANCE/MUSIC

130311-01 Th	9/17-11/19 4:30-5:30p	9/4	\$32/\$48
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### BALLET III

Ages 8-13 • Prerequisite: Ballet II or equivalent dance skills. Instructor permission required. Study emphasizes more advanced barre work, center work and ballet skills. No class Nov 11, Nov 25.

LOCATION: LAKEWOOD DANCE/MUSIC

130312-01 F	9/18-11/20 5:30-6:30p	9/4	\$32/\$48
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### BALLET IV

Ages 9-13 • Prerequisite: Completion of Ballet III or equivalent dance skills. Instructor permission required. Study emphasizes more advanced barre work, center work and ballet skills. Participation in a second ballet course per week is strongly recommended. No class Nov 11, Nov 25.

LOCATION: LAKEWOOD DANCE/MUSIC

130313-01 F	9/18-11/20 4-5:30p	9/4	\$45/\$68
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Ages 13 & Up

LOCATION: LAKEWOOD DANCE/MUSIC

130313-02 W	9/16-12/2 8-9:30p	9/4	\$45/\$68
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LOCATION: NFWC

130313-03 Sa	9/19-11/21 11a-12:30p	9/4	\$45/\$68
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### BALLET V

Ages 11-18 • Prerequisite: Completion of Ballet IV or equivalent dance skills. Instructor permission required. Continue a more serious study of steps and technique with an performance emphasis. Strengthen technical skill at an intermediate level with an emphasis on proper technique, strength and coordination. Participation in a second weekly ballet course strongly recommended.

LOCATION: LAKEWOOD DANCE/MUSIC

130314-01 Th	9/17-11/19 6-7:30p	9/4	\$45/\$68
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### APPRENTICE BALLET: PRE-POINTE

Ages 9 & Up • Prerequisite: Ballet IV or equivalent dance skills. Must be currently enrolled in any Ballet IV or higher to participate in this course. Instructor permission required. Increase technical strength and coordination in preparation for pointe work. Open to qualified demi-pointe students.

LOCATION: NFWC

130315-01 Tu	9/15-11/17 4:30-5:30p	9/4	\$32/\$48
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**APPRENTICE BALLET: POINTE/PARTNERING**

Ages 11 & Up •Prerequisite: Ballet V or equivalent dance skills. Must be enrolled in two ballet classes per week to participate in this course. Instructor permission required. A structured and disciplined intermediate ballet technique course. Study emphasizes pointe technique and basic partnering skills. Open to current pointe students and intermediate-level males. No Class Nov 27.

LOCATION: LAKEWOOD DANCE/MUSIC

130316-01 F	9/18-11/20	4-5:30p	7/1	\$45/\$68
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**BALLET COMPANY**

Ages 12 & Up • Prerequisite: Completion of Apprentice Ballet: Pointe/ Partnering or equivalent dance skills en pointe. Instructor permission required. Dancers are expected to exhibit correct placement, strong technical execution of steps and knowledge of ballet vocabulary. Emphasis placed on musicality and performance quality. Intermediate and advanced pointe work taught.. Ballet Company must also register for: 130317-01, 130317-02, & 130318-01 (Ballet Choreography). No class Nov 11, Nov 25.

LOCATION: LAKEWOOD DANCE/MUSIC

130317-01 M	9/14-11/16	4-6p	9/4	\$60/\$90
130317-02 W	9/16-12/2	4-5:30p	9/4	\$45/\$68
130317-03 F	9/18-11/20	4-5:30p	9/4	\$45/\$68
130317-04 F	9/18-11/20	5:30-6p	9/4	\$15/\$23

**BALLET CHOREOGRAPHY**

Ages 9 & Up •Prerequisite: Instructor permission required. In this five week course, you will work with choreographers to prepare performance pieces for the December Dance Magic performance. \*Class dates are October 23 & 30, November 6, 13, & 20

LOCATION: LAKEWOOD DANCE/MUSIC

130318-01 F	10/23-11/20	7-9:30p	9/4	\$30/\$43
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**BELLY DANCE I**

Ages 16 & Up •Have fun and tone your muscles while exploring the ancient art of Middle Eastern Belly Dance. Learn warm-ups, basic moves, isolations, choreography and self expression.

LOCATION: NFWC

130410-01 Tu	9/15-11/17	11a-12p	9/4	\$32/\$48
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LOCATION: NORVIEW COM CTR

130410-02 Th	9/17-11/19	5:30-6:30p	9/4	\$32/\$48
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**BELLY DANCE II**

Ages 16 & Up •Prerequisite: Must have taken Belly Dance I at least three sessions with regular attendance. Preferable to have performed in at least one Norfolk Recreation Recital in a Belly Dance class. Audition for instructor and instructor permission required. Continue to perfect basic technique from Belly Dance I, combinations, veil work and zils.

LOCATION: NFWC

130411-01 M	9/14-11/16	6:45-7:45p	9/4	\$32/\$48
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**BELLY DANCE III**

Ages 16 & Up •Prerequisite: Must have taken Belly Dance II at least six

sessions with regular attendance. Preferable to have performed in at least two Norfolk Recreation Recitals in Belly Dance II class. Must demonstrate proficiency in basic veil and zil technique. Audition for instructor and instructor permission required. Students will enhance their performance skills by participating in impromptu solo exercises during class, performing a solo dance and choreographing a dance and teaching it to the class.

LOCATION: LAKEWOOD DANCE/MUSIC

130412-01 Th	9/17-11/19	8:30-9:30p	9/4	\$32/\$48
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**CLOGGING**

Ages 14 & Up •Experience a true American folk dance which originated in the Appalachian Mountains. Class will cover basic rhythmic clogging steps, mountain figures and line dances.

LOCATION: LAKEWOOD DANCE/MUSIC

130510-01 Tu	9/15-11/17	8-9p	9/4	\$32/\$48
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**MOMMY & ME**

Ages 2-4 •Experience creative movements and learn basic rhythms through the use of percussion instruments. Enhance social skills through exciting games and simple art projects. Fee includes parent and one child. Parent must participate with child at every class and should wear comfortable clothing.

LOCATION: LAKEWOOD DANCE/MUSIC

130610-01 M	9/14-11/16	11a-12p	9/4	\$64/\$96
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**CREATIVE DANCE**

Ages 4-6 •The world of dance introduces children to self-awareness and self-expression. Students develop coordination, basic motor skills and social skills while interacting with other children. No class Nov 11, Nov 25.

LOCATION: CROSSROADS REC CTR

130710-01 M	9/14-11/16	4-5p	9/4	\$32/\$48
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LOCATION: LAKEWOOD DANCE/MUSIC

130710-02 Tu	9/15-11/17	5-6p	9/4	\$32/\$48
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130710-03 Th	9/17-11/19	3:30-4:30p	9/4	\$32/\$48
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130710-04 Sa	9/19-11/21	10:30-11:30a	9/4	\$32/\$48
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LOCATION: NORVIEW COM CTR

130710-05 W	9/16-12/2	5-6p	9/4	\$32/\$48
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**CREATIVE DANCE II**

Ages 5-6 •Prerequisite: Five year olds must have completed three consecutive sessions of Creative Dance I. New six year olds must have completed a minimum of one session of Creative Dance I. Continue to grow and expand on the basic skills learned in Creative Dance I.

LOCATION: LAKEWOOD DANCE/MUSIC

130711-01 Tu	9/15-11/17	4-5p	9/4	\$32/\$48
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130711-02 Sa	9/19-11/21	9:30-10:30a	9/4	\$32/\$48
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**HAWAIIAN DANCE I**

Ages 16 & Up •Dance your heart out and get a light dose of exercise and stretching in this course designed for women. Learn to hula and tell the song's story with lovely hands and gentle hip sways.

LOCATION: LAKEWOOD DANCE/MUSIC

130910-01 M	9/14-11/16	10-11a	9/4	\$32/\$48
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**HIP HOP**

Ages 7-13 •Enjoy the energetic and self-expression of hip-hop dance. These fast-paced classes are designed for those who want to experience a fun and free form of dance. No class Nov 11, Nov 25.

LOCATION: CROSSROADS REC CTR

131010-01 Th	9/17-11/19	5-6p	9/4	\$32/\$48
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LOCATION: LAKEWOOD DANCE/MUSIC

131010-02 Th	9/17-11/19	5:30-6:30p	9/4	\$32/\$48
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Ages 14 & Up

LOCATION: LAKEWOOD DANCE/MUSIC

131010-03 W	9/16-12/2	8-9p	9/4	\$32/\$48
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# DANCE & MUSIC

Registration begins August 17!

## IRISH STEP DANCE

Ages 7-14 • Learn the basics of Irish Step dancing. Master the skill of cuts over two-threes and clicks. Transform them into the ballet-like soft shoe or clogging /tap-dancing like hard-shoe jigs and reels.

LOCATION: LAKEWOOD DANCE/MUSIC

131110-01 Sa	9/19-11/21 11:30a-12:30p	9/4	\$32/\$48
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## JAZZ DANCE I

Ages 7-15 • Have fun learning the free and energetic techniques of jazz dance. This form of dance can be seen in movies, on musical theater stage and television. Class will include various styles, basic patterns and technique of jazz dance

LOCATION: LAKEWOOD DANCE/MUSIC

131210-01 Th	9/17-11/19 4-5p	9/4	\$32/\$48
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Ages 16 & Up

LOCATION: LAKEWOOD DANCE/MUSIC

131210-02 Th	9/17-11/19 7:30-8:30p	9/4	\$32/\$48
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## JAZZ DANCE II

Ages 9-16 • Prerequisite: Completion of a minimum of three sessions of Jazz I or equivalent skills. Expand on styles, terminology and techniques. An emphasis on performance. Instructor permission required. No class Nov 11, Nov 25.

LOCATION: LAKEWOOD DANCE/MUSIC

131211-01 Th	9/17-11/19 5-6p	9/4	\$32/\$48
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Ages 16 & Up

LOCATION: LAKEWOOD DANCE/MUSIC

131211-02 W	9/16-12/2 6-7p	9/4	\$32/\$48
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## JAZZ III

Ages 12-17 • Prerequisite: Completion of Jazz I and II or equivalent dance skills. Instructor permission required. Continue your jazz training with an emphasis on performing.

LOCATION: LAKEWOOD DANCE/MUSIC

131212-01 Tu	9/15-11/17 6-7p	9/4	\$32/\$48
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Ages 16 & Up

LOCATION: LAKEWOOD DANCE/MUSIC

131212-02 Tu	9/15-11/17 6:30-7:45p	9/4	\$38/\$57
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## JAZZ IV/CONTEMPORARY

Ages 14 & Up • Prerequisite: Completion of Jazz I & II or equivalent dance skills. Instructor permission required. An emphasis on performing. No class Nov 11, Nov 25.

LOCATION: LAKEWOOD DANCE/MUSIC

131213-01 W	9/16-12/2 5:30-6:30p	9/4	\$32/\$48
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## LINE DANCE I

Ages 16 & Up • Learn traditional line dances plus some current trends in country line dancing. Class will include one, two and four wall dances as well as circle dances. No partner required. No class Nov 11, Nov 25.

LOCATION: LAKEWOOD DANCE/MUSIC

131310-01 W	9/16-12/2 11:30a-12:30p	9/4	\$32/\$48
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131310-02 Th	9/17-11/19 7:30-8:30p	9/4	\$32/\$48
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## LINE DANCE II

Ages 16 & Up • Learn traditional line dances plus some current trends in country line dancing. Class will include one, two and four wall dances as well as circle dances. No partner required. Must have taken two sessions of Line Dance I. No class November 11 & 25. No class Nov 11, Nov 25.

LOCATION: LAKEWOOD DANCE/MUSIC

131311-01 W	9/16-12/2 10:30-11:30a	9/4	\$32/\$48
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131311-02 Th	9/17-11/19 6:30-7:30p	9/4	\$32/\$48
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## LYRICAL

Ages 16 & Up • Prerequisite: Requires advanced dance skills and a strong commitment to dance. Instructor permission required. Lyrical Dance is emotionally charged, ballet-based, combining modern technique.

LOCATION: LAKEWOOD DANCE/MUSIC

131410-01 Tu	9/15-11/17 7:45-9p	9/4	\$38/\$57
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## SOCIAL DANCE

Ages 16 & Up • Learn steps to favorites such as the Waltz, Swing, Fox Trot, and Tango. Dances will be covered as time permits. Call (757) 441- 5833 for complete list. Registering with a partner recommended. Individual students may pair up, a partner is not guaranteed.

LOCATION: LAKEWOOD DANCE/MUSIC

131510-01 M	9/14-11/16 8:30-9:30p	9/4	\$32/\$48
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## TAP I

Ages 7-15 • Learn different styles and techniques of the only dance form that has its origins in America. An fun, easy way to exercise and develop rhythm.

LOCATION: LAKEWOOD DANCE/MUSIC

131610-03 M	9/14-11/16 6:30-7:30p	9/4	\$32/\$48
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131610-01 Tu	9/15-11/17 4-5p	9/4	\$32/\$48
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131610-02 Sa	9/19-11/21 10:30-11:30a	9/4	\$32/\$48
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## TAP II

Ages 16 & Up • Prerequisite: Tap I or equivalent dance skills. Instructor permission required. Expand on Tap I basics. No class Nov 11, Nov 25.

LOCATION: LAKEWOOD DANCE/MUSIC

131611-02 M	9/14-11/16 7:30-8:30p	9/4	\$32/\$48
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131611-03 Th	9/17-11/19 11a-12p	9/4	\$32/\$48
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## TAP III

Ages 16 & Up • Continue your tap training with an emphasis on performing. Prerequisite: Minimum of three years of Tap II or equivalent dance skills. Instructor permission required. No class Nov 11, Nov 25.

LOCATION: LAKEWOOD DANCE/MUSIC

131612-01 W	9/16-12/2 7-8p	9/4	\$32/\$48
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## TAP IV

Ages 14-18 • Prerequisite: Requires advanced dance skills and strong commitment to dance. Instructor permission required. Advance tap dancers will be challenged to improve technique and knowledge.

LOCATION: LAKEWOOD DANCE/MUSIC

131613-01 Tu	9/15-11/17 5-6p	9/4	\$32/\$48
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**PRIVATE MUSIC INSTRUCTION**

Available for Norfolk residents only, ages 7 and up.

Private lessons available at any level for piano, voice, guitar (acoustic and electric), bass guitar, strings (violin, viola, cello), percussion, saxophone, clarinet, banjo, mandolin, harmonica, and lap dulcimer (mountain dulcimer). Registration handled in person at the Lakewood Dance & Music Center only. See page 34 for information.

**PRIVATE PIANO**

Ages 7 &amp; Up •Private music instruction all levels.

LOCATION: NFWC

150101-01 M	9/14-11/16 9:30-10a	9/4	\$110
150101-02 M	9/14-11/16 10-10:30a	9/4	\$110
150101-03 M	9/14-11/16 10:30-11a	9/4	\$110

LOCATION: LAKEWOOD DANCE/MUSIC

150101-04 M	9/14-11/16 3:30-4p	9/4	\$110
150101-05 M	9/14-11/16 4-4:30p	9/4	\$110
150101-06 M	9/14-11/16 5:30-6p	9/4	\$110
150101-07 M	9/14-11/16 6-6:30p	9/4	\$110
150101-08 M	9/14-11/16 6:30-7p	9/4	\$110
150101-09 M	9/14-11/16 7-7:30p	9/4	\$110
150101-10 M	9/14-11/16 7:30-8p	9/4	\$110
150101-11 Tu	9/15-11/17 5:30-6p	9/4	\$110

**PRIVATE PIANO/WOODWINDS/GUITAR**

Ages 7 &amp; Up •Private music instruction, all levels. Students must provide woodwind instrument or guitar. No class Nov 11, Nov 25.

LOCATION: NFWC

150102-11 W	9/16-12/2 3:30-4p	9/4	\$110
150102-12 W	9/16-12/2 4-4:30p	9/4	\$110
150102-01 W	9/16-12/2 4:30-5p	9/4	\$110
150102-02 W	9/16-12/2 5-5:30p	9/4	\$110
150102-03 W	9/16-12/2 7:30-8p	9/4	\$110
150102-04 Th	9/17-11/19 3:30-4p	9/4	\$110
150102-05 Th	9/17-11/19 4-4:30p	9/4	\$110
150102-06 Th	9/17-11/19 5-5:30p	9/4	\$110
150102-07 F	9/18-11/20 3:30-4p	9/4	\$110
150102-08 F	9/18-11/20 4-4:30p	9/4	\$110
150102-09 F	9/18-11/20 4:30-5p	9/4	\$110
150102-10 F	9/18-11/20 7-7:30p	9/4	\$110

**PRIVATE VOICE**

Ages 7 &amp; Up •Private voice instruction. All levels.

LOCATION: NFWC

150104-01 M	9/14-11/16 3-3:30p	9/4	\$110
150104-02 M	9/14-11/16 3:30-4p	9/4	\$110
150104-03 M	9/14-11/16 4-4:30p	9/4	\$110
150104-04 M	9/14-11/16 4:30-5p	9/4	\$110
150104-05 M	9/14-11/16 5-5:30p	9/4	\$110
150104-06 M	9/14-11/16 5:30-6p	9/4	\$110

LOCATION: LAKEWOOD DANCE/MUSIC

150104-07 Th	9/17-11/19 5:30-6p	9/4	\$110
150104-08 Th	9/17-11/19 7-7:30p	9/4	\$110
150104-09 Th	9/17-11/19 7:30-8p	9/4	\$110
150104-10 Th	9/17-11/19 8-8:30p	9/4	\$110

**PRIVATE GUI/UK/BAN/DUL**

Ages 7 &amp; Up •Private music instruction: guitar, banjo, ukulele &amp; lap dulcimer. Beginner, intermediate, advanced levels. No class Nov 11, Nov 25.

LOCATION: NFWC

150105-01 Tu	9/15-11/17 3-3:30p	9/4	\$110
150105-02 Tu	9/15-11/17 3:30-4p	9/4	\$110
150105-03 Tu	9/15-11/17 4-4:30p	9/4	\$110
150105-04 Tu	9/15-11/17 4:30-5p	9/4	\$110
150105-05 Tu	9/15-11/17 5-5:30p	9/4	\$110
150105-06 Tu	9/15-11/17 5:30-6p	9/4	\$110
150105-07 W	9/16-12/2 3:30-4p	9/4	\$110
150105-08 W	9/16-12/2 4-4:30p	9/4	\$110
150105-09 W	9/16-12/2 4:30-5p	9/4	\$110
150105-10 W	9/16-12/2 5-5:30p	9/4	\$110
150105-11 Th	9/17-11/19 3-3:30p	9/4	\$110
150105-12 Th	9/17-11/19 3:30-4p	9/4	\$110
150105-13 Th	9/17-11/19 4-4:30p	9/4	\$110

**PRIVATE BASS G/GU/UKU**

Ages 7 &amp; Up •Private music instruction- bass guitar, guitar, ukulele

LOCATION: NFWC

150106-01 M	9/14-11/16 9:30-10a	9/4	\$110
150106-02 M	9/14-11/16 10-10:30a	9/4	\$110

**PRIVATE STRINGS**

Ages 7 &amp; Up •Private string instruction. Violin - all levels. Viola and cello - Int. levels. No class Nov 11, Nov 25.

LOCATION: LAKEWOOD DANCE/MUSIC

150108-04 W	9/16-12/2 5:30-6p	9/4	\$110
150108-05 W	9/16-12/2 6-6:30p	9/4	\$110
150108-06 W	9/16-12/2 6:30-7p	9/4	\$110
150108-07 W	9/16-12/2 7-7:30p	9/4	\$110
150108-08 Th	9/17-11/19 4:30-5p	9/4	\$110
150108-09 Th	9/17-11/19 5-5:30p	9/4	\$110
150108-10 Th	9/17-11/19 5:30-6p	9/4	\$110
150108-11 Th	9/17-11/19 6-6:30p	9/4	\$110
150108-12 Th	9/17-11/19 6:30-7p	9/4	\$110
150108-13 Th	9/17-11/19 7-7:30p	9/4	\$110
150108-14 Th	9/17-11/19 7:30-8p	9/4	\$110

LOCATION: NFWC

150108-01 M	9/14-11/16 5:30-6p	9/4	\$110
150108-02 M	9/14-11/16 6-6:30p	9/4	\$110
150108-03 M	9/14-11/16 6:30-7p	9/4	\$110

**PRIVATE PERCUSSION**

Ages 7 &amp; Up •Private music instruction, all levels. Bring drum sticks and drum pad.

LOCATION: LAKEWOOD DANCE/MUSIC

150109-01 Tu	9/15-11/17 5-5:30p	9/4	\$110
150109-02 Tu	9/15-11/17 7:30-8p	9/4	\$110
150109-03 Tu	9/15-11/17 8-8:30p	9/4	\$110
150104-11 Th	9/17-11/19 8:30-9p	9/4	\$110

**Save the Date!****Fall Music Recital/Party**

Saturday, November 21, 2015, 3:00pm

Lakewood Dance & Music Center, I  
612 Willow Wood Drive*Free admission**Call (757) 441-5813 for details.*

# DANCE & MUSIC

Registration begins August 17!

## MUSICAL STORY TIME

Ages 3-5 •Learn songs that tell stories. Learn about beginnings, middles and ends and words that rhyme. Write and perform our own original story-song! Parent of three year old students must attend class with child. No class Nov 11, Nov 25.

LOCATION: NFWC

150202-01 W	9/16-12/2 9:30-10a	9/4	\$32/\$48
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## SINGING, CLAPPING & COUNTING

Ages 3-5 •Learn rhythm basics while enjoying traditional folk and popular songs and being introduced to percussion instruments. Parent of three year old students must attend class with child. No class Nov 11, Nov 25.

LOCATION: NFWC

150203-01 W	9/16-12/2 10-10:30a	9/4	\$32/\$48
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## SINGING SCHOLARS

Age 3 •Sing along with Amy Ferebee as she plays her guitar. Learn songs that teach the alphabet, counting, shapes and rhyming. Parent must attend the class with their "scholar". No class Nov 11, Nov 25.

LOCATION: NFWC

150204-01 W	9/16-12/2 10:30-11a	9/4	\$32/\$48
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150204-02 W	9/16-12/2 11-11:30a	9/4	\$32/\$48
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## BEGINNER GUITAR

Ages 7-10 •Equipment: Bring acoustic or electric guitar. Learn basic beginner guitar skills and play your first tunes! Lesson materials cost approximately \$11. A list of required materials is provided by the instructor at first class. No class Nov 11, Nov 25.

LOCATION: NFWC

150301-03 M	9/14-11/16 11a-12p	9/4	\$37/\$56
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150301-01 W	9/16-12/2 5:30-6p	9/4	\$32/\$48
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150301-04 W	9/16-12/2 6-7p	9/4	\$37/\$56
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150301-02 Th	9/17-11/19 4:30-5p	9/4	\$32/\$48
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## GUITAR: ADVANCED BEGINNER I

Ages 8-12 •Prerequisite: Must know 3 of the 5 basic chord shapes (AED), know where they are on the first 3 strings and be able to switch from chord to chord smoothly. Equipment: Bring acoustic or electric guitar. As a continuation of Beginner Guitar, students focus on completing Guitar for the Small Fry by David Bennett. Lesson materials cost approximately \$11.

LOCATION: NFWC

150302-01 Th	9/17-11/19 5:30-6p	9/4	\$32/\$48
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## GUITAR: ADVANCED BEGINNER II

Ages 8-12 •Prerequisite: Completion of at least one session of Advanced Beginner Guitar I. Instructor's permission required. Equipment: Bring acoustic or electric guitar. Build on Adv Beg Guitar I concepts and learn new chords. Students will study selections from the last half of the Hal

Leonard Guitar Method, Book I. Lesson materials cost approximately \$11.

LOCATION: NFWC

150303-01 Th	9/17-11/19	6-6:30p	9/4	\$32/\$48
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## GUITAR: ADVANCED BEGINNER III

Ages 8-12 •Prerequisite: Completion of at least one session of Advanced Beginner Guitar II. Instructor's permission required. Equipment: Bring acoustic or electric guitar. Build on Adv Beg Guitar II concepts and learn new chords. Students will study selections from the last fourth of the Hal Leonard Guitar Method, Book I. Lesson materials cost approximately \$11.

LOCATION: NFWC

150304-01 Th	9/17-11/19	5-5:30p	9/4	\$32/\$48
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## GUITAR: INTERMEDIATE I

Ages 11 & Up •Prerequisite: Must know the 5 basic chord shapes (CAGED) in first position and know the notes on all 6 strings in first position. Instructor's permission required. Equipment: Bring your acoustic or electric guitar. Students will review beginner guitar concepts and learn more difficult chords and rhythms. Lesson materials cost approximately \$11. No class Nov 11, Nov 25.

LOCATION: NFWC

150306-01 W	9/16-12/2 7-8p	9/4	\$37/\$56
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## GUITAR: INTERMEDIATE II

Ages 11 & Up •Equipment: Bring acoustic or electric guitar. Prerequisite: Instructor's permission required. Students will review Intermediate Guitar I concepts and learn more difficult chords and rhythms. Lesson materials cost approximately \$11.

LOCATION: NFWC

150307-01 Th	9/17-11/19	7-8p	9/4	\$37/\$56
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## PERCUSSION: BEGINNER

Ages 9 & Up •Learn the basic fundamentals for playing the snare drum, drum set and xylophone. Students are required to bring a practice pad, drumsticks and lesson book starting with the second lesson. Approximate cost is \$30. Instructor will provide purchasing details at first class.

LOCATION: LAKEWOOD DANCE/MUSIC

150401-01 Tu	9/15-11/17 5:30-6:30p	9/4	\$37/\$56
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## PERCUSSION: INTERMEDIATE

Ages 11 & Up •Prerequisite: One year of percussion experience. Students are required to bring a practice pad and drumsticks starting with the first lesson. Instructor will provide purchasing details at first class. Approximate cost is \$22

LOCATION: LAKEWOOD DANCE/MUSIC

150402-01 Tu	9/15-11/17 6:30-7:30p	9/4	\$37/\$56
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## PIANO: BEGINNER

Ages 7-11 •Lesson materials cost approximately \$15. A list of required materials is provided by instructor at first class. No class Nov 11, Nov 25.

LOCATION: NFWC

150501-04 M	9/14-11/16 12-1p	9/4	\$37/\$56
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150501-01 Tu	9/15-11/17 4:30-5p	9/4	\$32/\$48
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150501-02 Tu	9/15-11/17 5-5:30p	9/4	\$32/\$48
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150501-05 W	9/16-12/2 6:30-7:30p	9/4	\$37/\$56
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150501-03 Th	9/17-11/19 6-6:30p	9/4	\$32/\$48
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## PIANO: YOUTH GREEN PRIMER LEVEL

Ages 7-11 •Prerequisite: Students must have completed one session of Youth Beginner Piano. Lesson materials cost approximately \$15.

LOCATION: NFWC

150502-01 Tu	9/15-11/17 6-6:30p	9/4	\$32/\$48
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150502-02 Th	9/17-11/19 4:30-5p	9/4	\$32/\$48
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150502-03 F	9/18-11/20 5:30-6p	9/4	\$32/\$48
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**PIANO: BLUE BK I/RED BK II**

Ages 7-13 •Prerequisite: Completion of Green Primer Level or equivalent skills. Instructor permission required. Lesson materials cost approximately \$15. No class Nov 11, Nov 25.

**LOCATION: NFWC**

150503-04 M	9/14-11/16 11a-12p	9/4	\$37/\$56
150503-05 W	9/16-12/2 5:30-6:30p	9/4	\$37/\$56
150503-01 Th	9/17-11/19 5:30-6p	9/4	\$32/\$48
150503-02 Th	9/17-11/19 6:30-7p	9/4	\$32/\$48
150503-06 Th	9/17-11/19 7-8p	9/4	\$37/\$56
150503-03 F	9/18-11/20 5-5:30p	9/4	\$32/\$48

**UKULELE: BEGINNER**

Ages 9 & Up •Equipment: Bring your ukulele with you to class. Learn to tune your ukulele and play some very simple well known songs using easy chords. Learn the types of ukuleles and the interesting history of the ukulele. Learn basic music theory and how to strum in time. Learn the music alphabet, what a chord is and what a scale is. Note reading is not a requirement nor a focus of this class.

**LOCATION: NFWC**

150701-02 M	9/14-11/16 10-11a	9/4	\$37/\$56
150701-01 Tu	9/15-11/17 6-6:30p	9/4	\$32/\$48

**UKULELE: BEYOND BEGINNER**

Ages 9 & Up •Equipment: Bring your ukulele with you to class. Build on your Ukulele Foundation. Review the learning points in Beginner Ukulele and go to the next level in your understanding of music theory and chord construction. Learn fun, but slightly challenging songs in different styles (jazz/blues/country/pop/classical/Americana). Learn how the ukulele is alike and different from the guitar. Develop variety in your rhythmic approach to strumming and "finger picking" your ukulele. Note Reading is not a requirement, but will be presented along with tablature reading.

**LOCATION: NFWC**

150702-01 Tu	9/15-11/17 6:30-7p	9/4	\$32/\$48
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**VOICE: VARIETY**

Ages 11 & Up •Learn basic vocal fundamentals to include breath control, note reading, rhythms, posture, ear training, sight reading and more! Enjoy a variety of music while learning to sing.

**LOCATION: LAKEWOOD DANCE/MUSIC**

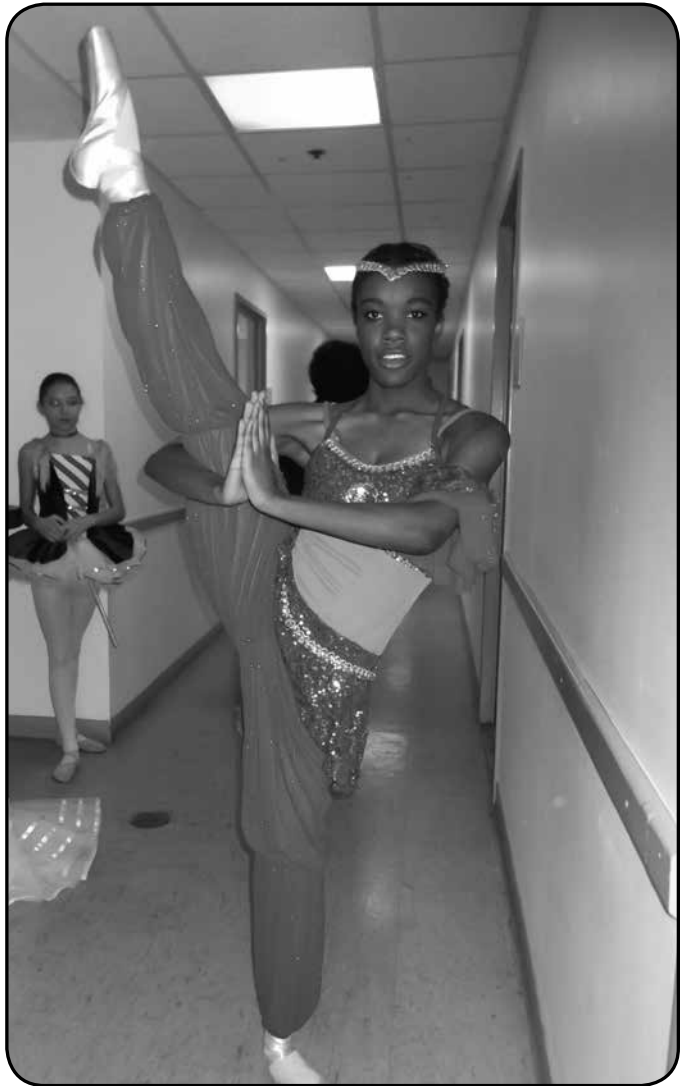
150804-01 Th	9/17-11/19 6-7p	9/4	\$37/\$56
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**WOODWINDS**

Ages 9 & Up •Equipment: Bring your woodwind instrument (flute, clarinet saxophone, oboe, bassoon). Beginners will learn the parts/care of their instrument, note reading, basic theory and fingerings, while playing fun tunes! Non-beginners will learn major scales, syncopated rhythms and enjoy playing a variety of tunes. Lesson materials cost approximately \$7. A list of required materials is provided by the instructor at first class.

**LOCATION: NFWC**

150901-01 F	9/18-11/20 6-7p	9/4	\$37/\$56
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## NORFOLK FITNESS & WELLNESS CENTER

7300 Newport Avenue • Norfolk, VA 23505

Office: (757) 823-4301 • Fax: (757) 823-4313

Facility Hours: Mon-Fri: 6:30a-8:15p • Sat: 8:00a-4:45p

Office Hours: Mon-Fri: 8:00a-5:00p • Sat: 8:00a-1:00p

Membership Hours: Mon-Fri: 9:00a-7:30p

Sat: 9:00a-1:00p



### NFWC MEMBERSHIP OPTIONS

PASS TYPE	RESIDENCY STATUS	AGES	COST
ANNUAL	RESIDENT	4 & BELOW FREE WITH ADULT MEMBERSHIP	
ANNUAL	RESIDENT	5-7	\$25
ANNUAL	RESIDENT	8-14	\$50
ANNUAL	RESIDENT	15-23	\$65
ANNUAL	RESIDENT	24-65	\$120
ANNUAL	RESIDENT	66-80	\$75
ANNUAL	RESIDENT	81 & UP	FREE
ANNUAL	NON-RESIDENT	ALL	\$250
SINGLE DAY	RESIDENT	5-18	\$5
SINGLE DAY	RESIDENT	19-80	\$10
SINGLE DAY	RESIDENT	81 & UP	FREE
SINGLE DAY	NON-RESIDENT	ALL	\$15
WEEKLY	RESIDENT	ALL	\$30
WEEKLY	NON-RESIDENT	ALL	\$45
MONTHLY	RESIDENT	ALL	\$75
MONTHLY	NON-RESIDENT	ALL	\$100
REPLACEMENT CARD		ALL	\$5

Note: Parent/legal guardian must be an NFWC member in order for child(ren) under age 15 to join. Child(ren) under age 18 must be accompanied by a parent or legal guardian during the application process. A birth certificate or state-issued I.D. is required for ages 17 and under in order to obtain membership.

## TEEN & ADULT FITNESS

### 30 MINUTES ABS

Ages 15 & Up • Focusing on the upper, lower and side abdominal muscles, participate in exercises design to increase torso strength and reduce lower back strain.

LOCATION: NFWC

140101-01 Tu	9/15-11/17 7-7:30p	9/4	\$25/\$38
140101-02 W	9/16-11/25 7:30-8p	9/4	\$25/\$38
140101-03 Th	9/17-11/19 7-7:30p	9/4	\$25/\$38

### AQUA FITNESS

All • Water exercise is an excellent way to a fit and health body. Classes are designed to build strength, flexibility, and cardiovascular fitness. It takes advantage of your buoyancy in the water and resistance the water creates.

LOCATION: NFWC POOL

140201-01 Th	9/17-11/19 12-1p	9/4	\$25/\$38
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### AQUA ZUMBA

Ages 15 & Up • Aqua Zumba offers a safe, challenging, water-based workout that is cardio-conditioning, body-toning, and exhilarating beyond belief. Splashing, stretching, twisting, laughing, hooting and hollering are often heard during this class. Come join the party.

LOCATION: NFWC POOL

140202-01 M	9/14-11/16 12-1p	9/4	\$25/\$38
140202-02 F	9/18-11/20 5:30-6:30p	9/4	\$25/\$38

### BOOT CAMP

Ages 18 & Up • Boot camp is a fun, innovative way to lose fat and build muscle. Both men and women will find Boot Camp to be a team-oriented challenge with empowering results. Run, jump, push and pull your way to a better body.

LOCATION: NFWC

140401-01 M,W	9/14-11/25 6-6:45p	9/4	\$50/\$75
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### LOW IMPACT BOOT CAMP

Ages 15 & Up • If you love Boot Camp style classes but need one with minimal joint stress, give this class a try. Boot Camp is an exciting exercise class that will continue to challenge your body each week.

LOCATION: LAKEWOOD DANCE/MUSIC

140402-01 M	9/14-11/16 6:30-7:30p	9/4	\$25/\$38
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### GET ON THE BALL

Ages 15 & Up • If you love Boot Camp style classes but need one with minimal joint stress, give this class a try. Boot Camp is an exciting exercise class that will continue to challenge your body each week.

LOCATION: CLASS

140501-01 M	9/14-11/16 5:30-6:30p	9/4	\$25/\$38
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### LOW IMPACT MIX

Ages 15 & Up • Experience the traditional aerobic workout with minimal joint stress using a mixture of cardiovascular training methods such as tabata, step and interval training.

LOCATION: LAKEWOOD DANCE/MUSIC

140601-01 W	9/16-11/25 9:30-10:30a	9/4	\$25/\$38
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LOCATION: NFWC

140601-02 W	9/16-11/25 5:30-6:30p	9/4	\$25/\$38
140601-03 Sa	9/19-11/21 9:30-10:30a	9/4	\$25/\$38



## PILATES I

Ages 15 & Up •Pilates® is a series of simple, yet challenging, exercises designed to tone, strengthen and lengthen muscles focuses on the core postural muscles which help keep the body balanced and are essential to providing support for the spine. Pilates® exercises teach breathing awareness and alignment of the spine with the aim to strengthen the deep torso muscles. Stretch bands will be used during this class and are provided.

LOCATION: NFWC

140701-01 F	9/18-11/20 7-8p	9/4	\$25/\$38
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## PILATES II

Ages 15 & Up •Prerequisite: Completion Pilates I or equivalent Pilate's abilities. Equipment: Bring exercise mat to each class. Continue to perform exercises learned in Pilates I while adding more challenging elements to your routine. Stability balls and stretch bands will be used during this class. Bands are provided.

LOCATION: NFWC

140702-01 W	9/16-11/25 6:30-7:30p	9/4	\$25/\$38
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140702-02 F	9/18-11/20 5-6p	9/4	\$25/\$38
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## PILATES, CORE &amp; MORE

Ages 15 & Up •Prerequisite: Completion Pilates® I or equivalent Pilates® abilities. Work your core and more with this total body, Pilates®-inspired class. Traditional Pilates® exercises along with other core and full body functional exercises will get your body strong, lean, toned and flexible. Each class will feature a variety of exercises and exercise equipment to include physio balls, bands, weights and Pilates® rings. Bring a towel for stretching exercises as well as for supporting your head during floor work.

LOCATION: NFWC

140703-01 M	9/14-11/16 10-11a	9/4	\$25/\$38
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## STEP AEROBICS

Ages 14 & Up •This is a progressive class. While some modifications are offered, be advised that some choreography is advanced. Step your way to better health! Cross train with step aerobics. Class includes techniques of bench stepping. Benches are provided.

LOCATION: NFWC

141001-01 Tu	9/15-11/17 6-7p	9/4	\$25/\$38
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141001-02 Sa	9/19-11/21 8:30-9:30a	9/4	\$25/\$38
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## TONING WITH RESISTANCE

Ages 15 & Up •Tone and strengthen major muscle groups using free weights, bands and other methods. Lighter weights (with higher repetitions) as opposed to heavier weights (with lower repetitions) are utilized in an effort to strengthen muscles rather than bulking up. Equipment will be provided.

LOCATION: LAKEWOOD DANCE/MUSIC

141101-01 Tu	9/15-11/17 7-8p	9/4	\$25/\$38
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LOCATION: NFWC

141101-02 W	9/16-11/25 6:30-7:30p	9/4	\$25/\$38
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## WARRIOR FITNESS

Ages 15 & Up •This class combines intense strength training with vigorous cardiovascular training that will push you till the very last rep. Circuit training, functional fitness techniques and mat exercises will be part of each workout.

LOCATION: NFWC

141201-01 M,W	9/14-11/25 6:45-7:30a	9/4	\$25/\$38
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## YOGA I

Ages 15 & Up •Equipment: Bring exercise mat and yoga blocks to each class. Learn proper breathing techniques while performing flexibility exercises and asana(poses) to enhance posture and increase range of motion. Modifications can be made for individuals with physical limitations. These modifications will be demonstrated.

LOCATION: NFWC

141402-01 Tu	9/15-11/17 4:30-5:30p	9/4	\$25/\$38
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## YOGA 2

Ages 15 & Up •Add more challenging postures to the routine learned in Yoga I. Modifications can be made for individuals with physical limitations. Modifications will be demonstrated.

LOCATION: NFWC

141403-01 M	9/14-11/16 6:30-7:30p	9/4	\$25/\$38
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## YOGA 3

Ages 15 & Up •Prerequisite: Completion of Yoga I and II. Instructor permission required. Equipment: Bring exercise mat and yoga blocks to each class. Continue to perform proper breathing and relaxation techniques learned in Yoga I and II while adding more challenging postures to your routine. Continue to perform proper breathing and relaxation techniques learned in Yoga I and II while adding more challenging postures to your routine.

LOCATION: NFWC

141404-01 F	9/18-11/20 4-5p	9/4	\$25/\$38
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## YOGA WITH FLOW

Ages 15 & Up •Prerequisite: Completion of Intro to Yoga or equivalent yoga basic abilities. Instructor permission required. Equipment: Bring exercise mat and yoga blocks to each class. Continue to perform proper breathing and relaxation techniques learned in Intro to Yoga while adding more challenging postures to your routine. Modifications can be made for individuals with physical limitations. Modifications will be demonstrated.

LOCATION: NFWC

141405-01 M	9/14-11/16 11a-12p	9/4	\$25/\$38
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## ZUMBA

All •Lose pounds and inches, trim and tone every muscle in your body, and burn more than 700 calories in this party-style workout. Zumba is a Latin-inspired dance workout set to Latin and international music. By utilizing the move and temp of Latin dance, Zumba provides a fun workout experience.

LOCATION: LAKEWOOD DANCE/MUSIC

141501-01 Th	9/17-11/19 9:30-10:30a	9/4	\$25/\$38
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LOCATION: LAMBERTS PT. COM CNT

141501-02 W	9/16-11/25 5:30-6:30p	9/4	\$25/\$38
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LOCATION: NFWC

141501-03 M	9/14-11/16 5:30-6:30p	9/4	\$25/\$38
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LOCATION: NORVIEW COM CTR

141501-04 Tu	9/15-11/17 5:30-6:30p	9/4	\$25/\$38
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## ZUMBA GOLD

Ages 50 & Up •Zumba Gold is a class designed for the mature active adult population and for those just beginning an exercise program. This workout is a wonderful way to become active, remain active and enjoy dancing.

LOCATION: LAKEWOOD DANCE/MUSIC

141502-01 Tu	9/15-11/17 9:30-10:30a	9/4	\$25/\$38
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141502-02 F	9/18-11/20 10:30-11:30a	9/4	\$25/\$38
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## ZUMBA MIX

Ages 15 & Up •This class incorporates Latin dance, kickboxing, and martial arts with aerobic exercise to gain flexibility, strength, endurance, and cardiovascular benefits.

LOCATION: LAKEWOOD DANCE/MUSIC

141503-01 F	9/18-11/20 9:30-10:30a	9/4	\$25/\$38
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LOCATION: NFWC

141503-02 Th	9/17-11/19 6-7p	9/4	\$25/\$38
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Zumba Gold is a class designed for the mature active adult population and for those just beginning an exercise program. This workout is a wonderful way to become active, remain active and enjoy dancing. **No class Nov 11.**

LOCATION: LAKEWOOD DANCE &amp; MUSIC CENTER

138409-01 Tu	9/16-11/25 9:30a-10:30a	9/12	\$25/\$38
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138409-02 F	9/19-11/21 10:30a-11:30a	9/12	\$25/\$38
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# FITNESS

Registration begins August 17!

## ZUMBA MIX

**Ages 15 & Up** This class incorporates Latin dance, kickboxing, and martial arts with aerobic exercise to gain flexibility, strength, endurance and cardiovascular benefits.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

138401-02 F 9/19-11/21 9:30a-10:30a 9/12 \$25/\$38

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

138401-01 Th 9/18-11/20 6:00p-7:00p 9/12 \$25/\$38



## Hooray for Move it Mondays!



17 Norfolk recreation facilities are expanding their Monday hours and programs to give you more time to get moving and stay fit!

*Check with your local recreation center for details.*

*Age has its privileges! Senior adult courses available only to those age 55 or better.*

**OCEAN VIEW SENIOR CENTER**  
600 E. Ocean View Avenue • Norfolk, VA 23503  
Office: (757) 441-1767 • Fax: (757) 441-1851  
Hours: Mon: 9:00a-1:00p (tours) • Tues-Fri: 9:00a-6:00p

**SOUTHSIDE SENIOR CENTER**  
925 S. Main Street • Norfolk, VA 23523  
Office: (757) 664-6484 • Fax: (757) 664-6480  
Hours: Mon: 9:00a-1:00p (tours) • Tues-Fri: 9:00a-6:00p

Save the Date!

## Senior Holiday Social

Friday, December 11  
11:00a-2:00p  
Taste & See Murray Center  
455 E. Brambleton Ave., Norfolk

Cost: \$15/Person  
Tickets go on sale October 1 at Ocean View  
& Southside Senior Centers.

Call (757) 664-6460 for details.

## NORFOLK SENIOR CLUBS

LOCATIONS	DAYS	DATES	TIMES
Bayview Recreation Center	F	Year-round	9:00a-3:00p
East Ocean View Community Center	TH	September-May	10:00a-3:00p
Huntersville Recreation Center	TU	September-May	11:00a-1:00p
Ingleside Recreation Center	W	Year-round	10:00a-12:00n
Norview Community Center	TH	September-May	11:00a-2:00p
Sherwood Forest Community Center	TH	September-May	10:00a-1:00p
Tarrallton Community Center	F	Year-round	11:00a-1:00p
Titustown Recreation Center	TU/TH	Year-round	10:00a-2:00p
Young Terrace Community Center	TU/W	Year-round	9:00a-2:00p

*Note: Senior Club event calendar listings are available at each club location.  
See page 4 for facility addresses and phone numbers.*

### Senior Social Bowling Club

Every Monday • 9:30a-1:00p • \$8.05/visit

AMF Bowling Lanes

2441 E. Little Creek Road Norfolk, VA

Recreational bowling is a great way to spend time with friends and meet new people. Cost includes three games and shoe rental. Cash or checks accepted, made payable to AMF Bowling Center.

# SENIORS

Registration begins August 17!

## OCEANVIEW SENIOR CENTER EVENTS

DAY	DATE	EVENT	TIME
F	9/04	BIKE CLUB/LAST RIDE OF SEASON	8:30A
TU	9/15	GRANPARENTS DAY SOCIAL	11:00A
TU	9/17	MAGAZINE SCAVENGER HUNT	11:00A
SA	10/03	OVSCYARD SALE	8:00A
TH	10/15	PUMPKIN PATCH SOCIAL	11:00A
TU	10/29	HALLOWEEN CANDY CRAFT	12:00N
TH	11/03	JEWELRY CRAFT	10:30A
TU	11/12	HOLIDAY MAGNET CRAFT	11:00A
TH	11/29	FALL DOOR WREATH CRAFT	10:30A
TU	ONGOING	TIDEWATER QUILTERS GUILD	10:30A
TU	ONGOING	LINE DANCING	10:15A
TU	ONGOING	NIFTY KNITTERS	10:30A
TU-TH	ONGOING	SENIOR EXERCISE	11:00A
TU-TH	ONGOING	BILLIARDS/POOL	10:00A
W	ONGOING	60+ CLUB MEETING & ACTIVITY	11:00A
TH	ONGOING	CHOIR PRACTICE	10:00A
TH	ONGOING	TABLE TENNIS CLUB	12:30P
F	ONGOING	BRIDGE CLUB	10:00A

## SOUTHSIDE SENIOR CENTER EVENTS

DAY	DATE	EVENT	TIME
F	9/04	RIGHT-LEFT-CENTER GAME	10:30A
W	9/09	GAMES, GAMES, GAMES!	11:00A
W	9/09	VAN FIELD TRIP TO WALMART	10:30A
TU	9/15	IT'S NO SEW	10:30A
TU	9/23	SOAP MAKING CRAFT	10:30A
TU	9/25	PINEAPPLE LOVER TREAT	10:30A
F	10/02	BREAST CANCER AWARENESS	10:30A
TU	10/06	WORD GAMES	10:30A
TH	10/08	SCAVENGER HUNT	10:30A
W	11/18	DON'T THROW THE SWEATER	10:30A
TU	11/24	FALL CRAFT	10:30A
TU	4TH TU	TRIAD MEETING AT NFWC	2:00P
TU/W	ONGOING	SENIOR READING	10:00A
TU	ONGOING	COMPUTER TUTORING	10:00A
TU/W	ONGOING	BRIDGE	11:00A
TH	ONGOING	ENRICHMENT HOUR	10:30A

## MONTHLY WELLNESS SEMINARS

**Ages 55 & Better** • Enjoy free presentations from local health and wellness specialists. RSVP in advance if you plan to attend. Light refreshments served.

Ocean View SC	Tu	9/16	11:00a	Free
Young Terrace	W	10/21	11:00a	Free
Southside SC	W	11/18	1:00p	Free

## QUARTERLY HEALTH & WELLNESS EXPO

**Ages 55 & Better** • Helpful vendors will be on location providing information on topics ranging from health and fitness to financial planning. Health screenings and free chair massages are just some of the many services you can enjoy while at this event!

Southside SC F 9/17 10:00a Free

## PING PONG CLUB

Huntersville Community Center, Titustown Community Center, Young Terrace Community Center. **Note: No Club Nov 11.**

Tu Weekly 11:00a-1:00p N/A Free

Norview Community Center, Ingleside Recreation Center  
W Weekly 11:00a-1:00p N/A Free

East Ocean View Community Center, Sherwood Forest Community Center, Titustown Community Center  
Th Weekly 10:00a-12:00p N/A Free

Location: Tarrallton Recreation Center, Bayview Recreation Center  
F Weekly 10:00a-12:00p N/A Free

## CERAMICS

**Ages 55 & Better** • Learn techniques and skills in decorating and glazing ceramics. Gain knowledge about all aspects of this art to include greenware, bisque, underglazes, glazes, overglazes, stains and techniques such as washing, antiquing, drybrushing, etc. Students must purchase their own supplies.

Approximate cost of supplies is \$35. Call (757) 664-6484 to obtain a supply list. Only class work produced will be fired. Instructed by Alberta Taylor.

LOCATION: SOUTHSIDE SENIOR CENTER

161604-01 Th 9/18-11/20 10:30a-11:30a 9/11 \$20/\$30

## BEGINNER COMPUTER COURSE

**Ages 55 & Up** • Pull a chair up and learn about the computer, its parts and basic maintenance. Basic typing skills will be emphasized using interactive typing programs. Learn how to navigate the Windows 7 operating system library and the new internet Explorer. Finally, catch a wave and learn how to surf the internet.

LOCATION: NORVIEW COM CTR

132010-01 Tu,Th 9/15-11/19 10a-12p 9/4 \$25/\$38

## INTERMEDIATE COMPUTER COURSE

**Ages 55 & Up** • Prerequisite: Proficiency in Beginner Computer Course or equivalent skill level. Experiment with the Microsoft 2013 family of programs, including Word and Excel. Learn the computer's operating system, loading and unloading programs and drivers, folder organization and basic home-use troubleshooting. No class November 11 & 25 **No class Nov 11, Nov 25.**

LOCATION: NORVIEW COM CTR

132011-01 M,W 9/14-12/2 10a-12p 9/4 \$25/\$38

## YOUNG TERRACE SENIOR EVENTS

DAY	DATE	EVENT	TIME
T	9/08	MEET & GREET/OPEN HOUSE	10:30A
W	9/23	JENCARE BINGO	11:00A
TU	10/06	LEFT-RIGHT-CENTER GAME	10:30A
W	10/21	MAGAZINE SCAVENGER HUNT	11:00A
TU	11/03	GAMES, GAMES, GAMES!	10:30A
W	11/18	HOLIDAY BINGO	11:00A
TU/W	ONGOING	COFFEE KLATCH	9:30A
TU/W	ONGOING	LOW IMPACT EXERCISE	10:00A

## INTRO TO COMPUTING

## MICROSOFT EXCEL 2013

Ages 18 & Up • Prerequisite: Proficiency in Beginner Computer Course or equivalent skill level. Learn basic spreadsheet functions in Excel 2013, keyboard shortcuts and how to navigate the menu bars and customize your ribbon options. Learn how to adjust columns and rows and create formulas to help with your business or home finances. **No class Nov 11, Nov 25.**

LOCATION: NORVIEW COM CTR

132013-01 W 9/16-12/2 6-8p 9/4 \$45/\$68

## MICROSOFT POWER PT &amp; PUB

Ages 18 & Up • Prerequisite: Proficiency in Beginner Computer Course or equivalent skill level. Learn how to create professional slide shows by importing pictures, graphics and video from other computer programs. Learn other presentation-enhancing techniques to include setting up rehearsed timings and animation. Create publications for print and the web.

LOCATION: LAMBERTS PT. COM CNT

132014-01 Tu 9/15-11/17 6-8p 9/4 \$45/\$68

## MICROSOFT WORD 2013 BASICS

Ages 18 & Up • Prerequisite: Proficiency in Beginner Computer Course or equivalent skill level. Learn how to use Microsoft Word 2013. Navigate Word ribbon menus, keyboard shortcuts, tables and borders. Creation of flyers using templates will be introduced.

LOCATION: NORVIEW COM CTR

132015-01 Th 9/17-11/19 6-8p 9/4 \$45/\$68

## INTRO TO COMPUTERS

Learn about the computer, its parts, basic maintenance and the Windows 7 operating system. Basic typing skills will be emphasized using interactive typing programs. Ethical uses of the internet will be explained and demonstrated. Instructed by Christina King.

LOCATION: NORVIEW COMMUNITY CENTER

168810-02 M 9/15-11/17 6:00p-8:00p 9/12 \$45/\$68



## COMPUTER RESOURCE CENTERS

Youth Hours • Ages 8-18

Adult Hours • Ages 18 & Up

**NEW HOURS!**

## CAMPOSTELLA HEIGHTS

1714 Mt. Vernon Avenue • Norfolk, VA

Office: (757) 543-0876 • Fax: (757) 543-0636

Hours: Adult • Mon-Fri: 10:00a-6:00p

Youth • Mon-Fri: 2:00p-6:00p

## DIGGS TOWN

1401 Melon Street • Norfolk, VA

Office: (757) 227-9915

Hours: Youth • Mon-Fri: 2:00p-6:00p

## OAKLEAF

1704 Greenleaf Drive • Norfolk, VA

Office: (757) 494-3298

Hours: Youth • Mon-Fri: 2:00p-6:00p

Stop by your local resource center for homework and computer assistance. Online tutorials are available to help you learn Microsoft Office applications like Word, Excel and Power Point.

The Campostella Heights Resource Center also offers community classes such as Couponing, Budgeting, Intro to Email, and more.

All services are free for Norfolk residents. Call for more details.

**Check  
Out Our  
Classes &  
Events!**

**Couponing • Microsoft Office  
Smoking Cessation • Resume Mondays Brown  
Bag Lunch • Bored Games  
The Conversation • Book Club  
Healthy Hair Alternatives • Open Mic Night  
Programs for youth and adults!**



**THERAPEUTIC RECREATION CENTER**  
 180 E. Evans Street • Norfolk, VA 23503  
 Office: (757) 441-1764 • Fax: (757) 441-1770  
 Office Hours: Mon: 9:00a-12:00n; 3:00p-4:00p  
 Tue: 9:00a-10:00a; 2:30p-5:00p  
 Wed: 9:00a-12:00n; 2:30p-4:00p • Thu: Closed  
 Fri: 11:00a-12:00n; 3:00p-5:00p

All therapeutic recreation participants must schedule an assessment prior to registering for any course. Call the center for more details.



Van symbol: Indicates that transportation is available from participant's home to program location. Space may be limited. Call (757) 441-1764 for more information. Participants signing up for courses with transportation must be registered for the course by "Reg by" date to be considered for transportation. Thank you for your cooperation.

## Guide to Course Listings

### COURSE NAME

**Ages** • Prerequisites (if any). Course description. Course cancellation dates.

### LOCATION:

Activity # Day Dates Time Resident/Non-Resident Fee

## Fall Festival

Open to all ages!

**Saturday, November 7**  
**12:00p-2:00p**

Therapeutic Recreation Center  
 180 E. Evans St, Norfolk, VA

**Cost: \$15/person**  
**Register by October 30**

Enjoy an afternoon of fall festivities  
 and warm food!



For more information, call 757-441-1764.

## Holly Jolly TRC Party

Open to adults!

**Friday, December 11**  
**7:00p-9:00p**

Therapeutic Recreation Center  
 180 E. Evans St, Norfolk, VA

**Cost: \$15/person**  
**Register by December 4**

Join us for an evening of merriment to include dancing, a sing-a-long, dinner, and gift exchange. Wear a festive outfit and bring a \$5 wrapped gift for the gift exchange.

For more information, call 757-441-1764.

## Holiday Brunch

Open to all ages!

**Monday, December 14**  
**10:00a-12:00p**

Therapeutic Recreation Center  
 180 E. Evans St, Norfolk, VA

**Cost: \$10/person**  
**Register by December 7**

Enjoy brunch and celebrate the cheerful season  
 with TRC family and friends.



For more information, call 757-441-1764.

**New!**



## Run, Walk & Roll! Halloween 5K & Mile

**9:00am, Saturday, October 17**  
 Therapeutic Recreation Center  
 Open to everyone & all ages!

**Free t-shirts!**  
**Best costume awards!**  
**Racing awards!**  
**Free refreshments!**

**Entry Fee: \$20 (\$25 after October 9)**

More information and entry form on page 33.  
 For more information, call 757-441-1764.



## CHILDREN & TEEN PROGRAMS

### AQUATICS & WATER ACTIVITIES

#### WATER BASICS

Ages 6-19 · Become more comfortable in the water in this introduction to water safety and swimming skills. Skills taught will prepare participants for potential advancement to the "Learn to Swim" program. See page 6 for more details about this comprehensive swimming instructional program.

LOCATION: NORTHSIDE SWIMMING POOL, 8401 TIDEWATER DR.  
176614-01 M 9/14-11/16 7:00p-7:50p 9/07 \$15/\$23

#### ARTS & CRAFTS

##### HOLIDAY CRAFTS

Ages 6-19 · Spend two days making unique crafts for your family and friends! A \$15 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER  
176694-01 Tu-W 12/08-12/09 4:00p-6:00p 12/01 \$22/\$33

##### HOLIDAY GIFTS FROM THE HEART

Ages 6-19 · Spend two days making special gifts for your family and friends! A nonrefundable \$15 supply fee is included in the course fee.

LOCATION: THERAPEUTIC RECREATION CENTER  
176695-01 Th-F 12/03-12/04 10:00a-12:00n 11/25 \$22/\$33

#### HOLIDAY LIGHTS TOUR

Ages 6-19 · Transportation: Provided from the TRC to event site only. Take a tour of a local holiday lights display with a stop for a deliciously warm treat. A nonrefundable \$10 trip fee is included in the course fee.

DEPART FROM: THERAPEUTIC RECREATION CENTER  
176666-01 Th 12/17 6:00p-8:30p 12/10 \$15/\$23

#### KIDS AND CLAY

Ages 6-19 · Enjoy molding a piece of decorative or functional art using just your hands and your imagination! A nonrefundable \$20 supply fee is included in the course fee. Supply fee covers use of equipment and supplies to include a basic paint inventory as well as firing or spraying of pieces.

LOCATION: THERAPEUTIC RECREATION CENTER  
176613-01 M 9/14-11/16 5:00p-5:50p 9/07 \$35/\$53

### ATHLETICS & RECREATIONAL SPORTS

#### ALLEY CATS

Ages 6-19 · Head to the AMF Norfolk Lanes for bowling fun! Learn the basic rules of bowling while meeting new people and having fun. Bring \$3 each week (cash only). Shoe rental is included.

LOCATION: AMF BOWLING LANES, 2441 E. LITTLE CREEK RD.  
176625-01 Tu 9/15-11/17 5:15p-6:30p 9/08 \$15/\$23

#### CROSSFIT JUNIORS

Ages 6-19 · Getting fit can be fun! Increase your physical activity by running, jumping, and lifting weights! Classes will consist of a warm-up, strength training, cardio, and cool-down. Wear tennis shoes and clothing that allows for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER  
176648-01 Th 9/17-11/19 5:00p-5:50p 9/10 \$15/\$23

#### CULINARY

##### IRON CHEF

Ages 6-19 · Transform the TR Center into a five-star restaurant! Under staff supervision, children and teens will be involved in all aspects of the cooking process. Nonrefundable \$20 supply fee included in the course fee.

LOCATION: THERAPEUTIC RECREATION CENTER  
176659-01 F 11/06-11/20 5:00p-7:00p 10/30 \$30/\$45

### MUSIC, DANCE & RHYTHM

#### BEGINNER TEEN GUITAR

Ages 13-19 · Equipment: Participant must bring an acoustic guitar and a few picks. Learn simple chords to play familiar tunes. **No class Nov. 11.**

LOCATION: THERAPEUTIC RECREATION CENTER  
176636-01 W 9/16-11/25 4:00p-4:50p 9/09 \$15/\$23

### TRIPS AND OUTINGS

#### HALLOWEEN AT THE ZOO

Ages 6-19 · Transportation: Provided from the TRC to event site only. Put on your best costume and head to the Zoo! Enjoy a safe environment to trick-or-treat, hayrides, animal pumpkin encounters and more! We will also explore all the animals! Bring a bag lunch. A \$7 trip fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: VIRGINIA ZOO, 3500 GRANBY ST.  
176664-01 Sa 10/24 11:00a-3:00p 10/16 \$12/\$18

#### RIPLEY'S BELIEVE IT OR NOT ODDITORIUM

Ages 6-19 · Transportation: Provided from the TRC to event site only. Visit the Odditorium to see illusions, impossible feats, and more! Please bring a bag lunch and extra cash to purchase games/souvenirs. A \$10 trip fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: RIPLEY'S MUSEUM, 1735 RICHMOND RD., WILLIAMSBURG  
176665-01 Sa 9/19 9:00a-1:00p 9/11 \$15/\$23

## OLDER TEEN & ADULT PROGRAMS

### AQUATICS & WATER ACTIVITIES

#### AQUACISE I

Ages 18 & Up · Prerequisite: Must be able to dress and toilet independently. No swimming skills necessary, but must be comfortable standing in water 4' deep without assistance. Swimming suits are required. Water is the perfect medium for physical rehabilitation. Increase mobility and range of motion during this gentle water workout.

LOCATION: NORTHSIDE SWIMMING POOL, 8401 TIDEWATER DR.  
176610-01 M 9/14-11/16 9:00a-9:45a 9/07 \$15/\$23

#### AQUA STRETCH

Ages 18 & Up · Prerequisite: Proficiency in Aquacise I course or equivalent ability level. Must be able to dress and toilet independently. No swimming skills necessary, but must be comfortable standing in water 4' deep without assistance. Swimming suits are required.

Experience low impact, slow stretching techniques using body weight and water for resistance for elongating and mobilizing the muscles. Enjoy a gentle and fun way to restore, maintain, and improve your mobility, decrease pain in joints and muscles, as well as improve general well-being.

LOCATION: NORTHSIDE SWIMMING POOL, 8401 TIDEWATER DR.  
176650-01 F 9/18-11/20 9:00a-9:45a 9/11 \$15/\$23

#### MODERATE IMPACT AQUA AEROBICS

Ages 18 & Up · Prerequisite: Must be able to engage in aerobic exercise for minimum of 30 minutes., and to dress and toilet independently. No swimming skills necessary, but must be comfortable standing in water 4' deep without assistance. Swimming suits required. Increase muscle tone and stamina during this total-body aerobic workout. **No class Nov. 11.**

LOCATION: NORTHSIDE SWIMMING POOL, 8401 TIDEWATER DR.  
176630-01 W 9/16-11/25 9:00a-9:45a 9/09 \$15/\$23

### ARTS & CRAFTS

#### CERAMICS

Ages 18 & Up · During the first class, you will travel to the pottery store to purchase enough pieces to paint for the entire 10-week class session. Bring cash to purchase pieces. A nonrefundable \$10 supply fee is included in the course fee that covers use of equipment and supplies, including a basic paint inventory as well as firing of pieces. Participants must provide own ceramic pieces and any special paints. Enjoy painting a piece of decorative or functional art in this hands on course. If you like, try more detailed paint strokes and learn new techniques for painting ceramics. **No class Nov. 11.**

LOCATION: THERAPEUTIC RECREATION CENTER  
176631-01 W 9/16-11/25 10:30a-12:00n 9/09 \$25/\$38

#### FALL INTO YARN WORK

Ages 18 & Up · Learn the basics of crocheting and knitting. Yarn and tools will be provided. Nonrefundable \$15 supply fee included in the course fee.

LOCATION: THERAPEUTIC RECREATION CENTER  
176655-01 F 9/18-10/16 1:00p-2:00p 9/11 \$30/\$45

# THERAPEUTIC RECREATION

Programs for individuals with

disABILITIES!

## POTTERY

**New!**

Ages 18 & Up · Explore your artsy side by molding a piece of decorative or functional pottery by just using your hands and your imagination! Bring your ideas to the first class. A nonrefundable \$20 supply fee included in the course fee that covers use of equipment and supplies such as molding clay, clay sculpting tools, basic paint inventory, firing or spraying pieces.

LOCATION: THERAPEUTIC RECREATION CENTER

176656-01 F 9/18-11/20 3:00p-4:00p 9/11 \$35/\$53

## TYE-DYE CRAZE

**New!**

Ages 18 & Up · Learn how to tie dye clothing and other items using unique designs and patterns. Bring a 3 pack of white T-shirts in your size to the first class. Please wear clothes that can get stained. A nonrefundable \$25 supply fee is included in the course fee.

LOCATION: THERAPEUTIC RECREATION CENTER

176612-01 M 9/14-11/16 1:00p-2:00p 9/07 \$25/\$38

## ATHLETICS & RECREATIONAL SPORTS

### CYCLING WORKSHOP

**New!**

Ages 18 & Up · Prerequisite: Must be able to bike independently. Enjoy a fall morning biking around Hampton Roads parks. Learn basics of bike safety, including rules of the road, helmet safety, bike parts, and riding various terrains. Bring your own bike or bike rentals will be available at the city parks. Nonrefundable \$15 supply fee is included in the course fee.

LOCATION: THERAPEUTIC RECREATION CENTER

176654-01 F 10/23-11/06 8:30a-11:00a 10/16 \$15/\$23

## SOCCER

**New!**

Ages 18 & Up · Enjoy playing soccer or want to learn how? Learn new skills and drills to improve dribbling, passing, and shooting techniques. Wear tennis shoes and clothing that allows for ease of movement. No open toed shoes!

LOCATION: THERAPEUTIC RECREATION CENTER

176651-01 F 9/18-10/16 9:30a-10:30a 9/11 \$15/\$23

## SPARES & STRIKES

Ages 18 & Up · Head to the AMF Norfolk Lanes for bowling fun! Learn the basics rules of bowling while meeting new people and having fun. Adaptive equipment is available if needed. Bring \$3 each week (cash only). Shoe rental is included.

LOCATION: AMF BOWLING LANES, 2441 EAST LITTLE CREEK RD..

176611-01 M 9/14-11/16 12:00n-1:30p 9/07 \$15/\$23

## TRAILBLAZERS

Ages 18 & Up · Lace up your hiking boots and get ready to explore the scenic side of the Seven Cities! Trailblazers will explore a different hiking trail each class – located all around Hampton Roads. Please bring a bag lunch and extra water. A \$10 trip fee is included in the course fee and is nonrefundable after the registration deadline.

DEPART FROM: THERAPEUTIC RECREATION CENTER

176629-01 Tu 9/15-10/06 8:00a-1:00p 9/08 \$25/\$38

## CULINARY

### BREAKFAST FOR CHAMPIONS

Ages 18 & Up · Breakfast is the most important meal of the day, but you need to prepare the right type of foods to improve your health and manage your weight. Students will prepare breakfasts that give them the protein, carbohydrates, and fat that the body needs to start the day off right, then get to taste what they make! The first class will consist of grocery shopping, so no breakfast will be provided.

A \$15 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

176641-01 Th 9/17-10/08 10:00a-11:30a 9/10 \$30/\$45

## COOKING

Ages 18 & Up · Learn how to cook cuisines from different places. Lunch follows each session so students get to taste what they make. The first class will be grocery shopping so no lunch will be served. A \$20 supply fee

is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

176642-01 Th 10/15-11/05 10:00a-12:00n 10/08 \$35/\$53

## ENVIRONMENTAL ADVOCACY

### GO GREEN! ADOPT-A-ROAD PROJECT

Ages 18 & Up · Show your community pride by adopting a road right here in Norfolk! Participants will work together to keep Norfolk green and beautiful. Nonrefundable \$10 supply fee included in the course fee

LOCATION: THERAPEUTIC RECREATION CENTER

176698-01 Th 9/17-11/19 9:00a-9:50a 9/10 \$25/\$38

## FITNESS & HEALTH

### ADVANCED MEDITATION

Ages 18 & Up · Deep-breathing meditation will be practiced for 40 minutes using different types of meditative music & sounds to enhance learning, memory, and emotional control. This class will focus on quieting the mind and body while increasing one's ability to focus and pay attention. Class is designed for both participants and parents/caregivers.

LOCATION: THERAPEUTIC RECREATION CENTER

176627-01 Tu 9/15-11/17 7:30p-8:10p 9/08 \$15/\$23

## BOOT CAMP

Ages 18 & Up · Getting fit can be one of the best parts of your day! Classes consist of a warm-up, strength training, cardio, and cool-down. Designed to make you sweat! Wear tennis shoes and clothing that allow for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER

176652-01 F 9/18-11/20 2:00p-3:00p 9/11 \$15/\$23

## CHAIR EXERCISE

Ages 18 & Up · Perform low to moderate exercises to strengthen muscle, increase flexibility and range of motion and much, much more right from your chair. Bring a water bottle and towel. Wear tennis shoes and clothing that allows for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER

176622-01 Tu 9/15-11/17 3:00p-3:50p 9/08 \$15/\$23

## FIT & FUN AT THE GYM

Ages 18 & Up · Increase your fitness awareness by participating in workouts at the gym. Learn how to use various machines such as treadmills and ellipticals to increase your cardiovascular fitness as well as your overall strength. Bring a gym bag with the proper attire to change into as well as a small towel and water.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER, 7300 NEWPORT AVE.

176643-01 Th 9/17-11/19 1:00p-2:30p 9/10 \$15/\$23

## NUTRITION FOR LIFE

Ages 18 & Up · A dietary/lifestyle coach will come to your home and guide you through nutrition and exercise routines where you will learn to manage your weight and improve your overall health through preparing homemade meals. Three, two-hour classes will be arranged between you and the instructor. Caregiver/guardian is highly recommended to attend. Nonrefundable \$50 supply fee is included in the course fee. Note: Dates and times will be arranged between participant and instructor.

LOCATION: THERAPEUTIC RECREATION CENTER

176690-01 TBA\* TBA\* TBA\* 9/07 \$60/\$90

## HOLIDAY CHAIR EXERCISE

**New!**

Ages 18 & Up · Perform low to moderate exercises to strengthen muscle, increase flexibility and range of motion and much, much more right from your chair. Bring a water bottle and towel. Wear tennis shoes and clothing that allows for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER

176691-01 Tu 11/24-12/15 1:00p-2:00p 11/17 \$15/\$23

**STRETCH-AWAY: EXERCISE FOR MUSCLE IMPROVEMENT**

Ages 18 & Up · Stretch away tension while improving muscle tone and cardiovascular health. Cool down after each class by enjoying healthy, freshly-prepared juice and discuss the health benefits of exercise. Wear tennis shoes and clothing that allows for ease of movement. Nonrefundable \$20 supply fee is included in the course fee.

LOCATION: THERAPEUTIC RECREATION CENTER

176624-01 Tu 9/15-11/17 5:00p-6:20p 9/08 \$35/\$53

**WAIST AWAY**

Ages 18 & Up · Learn how to become healthier through exercise and proper eating. Participate in group exercise, learn to make healthy meals, and enjoy healthy dinners with peers. Nonrefundable \$20 supply fee is included in the course fee. Meets 9/17, 10/1, 10/15, 10/29, 11/12.

LOCATION: THERAPEUTIC RECREATION CENTER

176646-01 Th 7:00p-9:00p 9/10 \$35/\$53

**WEIGHT MANAGEMENT WITHOUT DIETING**

Ages 18 & Up · Discussions will be held to better understand the impact of today's foods on our health, and how best to recognize which foods we should eat and which foods are best left on the shelf. Nonrefundable \$25 supply fee is included in the course fee.

LOCATION: THERAPEUTIC RECREATION CENTER

176626-01 Tu 9/15-11/17 6:30p-7:20p 9/08 \$40/\$60

**GARDENING****GROW: GARDENING RESTORES OUR WAY OF LIFE**

Ages 18 & Up · Learn everything you need to know about gardening. Nonrefundable \$15 supply fee is included in the course fee.

LOCATION: VIRGINIA ZOO, 3500 GRANBY STREET

176620-01 Tu 9/15-11/17 9:00a-10:30a 9/08 \$30/\$45

**MUSIC, DANCE & RHYTHM****BANG IT UP: RHYTHM & PERCUSSION**

Ages 18 & Up · Learn to use chimes, rhythm sticks, maracas and more to every type of music you can imagine! Percussion instruments provided.

Location: Therapeutic Recreation Center

176623-01 Tu 9/15-11/17 4:00p-4:50p 9/08 \$15/\$23

**BEGINNER GUITAR**

Ages 18 & Up · Equipment: Participant must bring an acoustic guitar and a few picks. Learn simple chords to play familiar tunes.

LOCATION: THERAPEUTIC RECREATION CENTER

176645-01 Th 9/17-11/19 6:00p-6:45p 9/10 \$15/\$23

**COUNTRY WESTERN LINE DANCE**

Ages 18 & Up · Learn both traditional and current trends in line dancing while having fun socializing with your peers! Wear clothing that allows for ease of movement.

Location: Therapeutic Recreation Center

176640-01 Th 9/17-11/19 10:00a-10:50a 9/10 \$15/\$23

**ZUMBA®**

Ages 18 & Up · Join the ZUMBA® wave! Wear funky colored fitness clothes in this Latin inspired workout to burn hundreds of calories and work up a healthy sweat. Closed toe shoes are mandatory, tennis shoes preferred.

Location: Therapeutic Recreation Center

176644-01 Th 9/17-11/19 4:00p-5:00p 9/10 \$15/\$23

**ZUMBA GOLD®**

Ages 18 & Up · Ease into fitness with ZUMBA Gold®! ZUMBA Gold® is a specifically designed workout for older adults, deconditioned participants, and those looking to embark on a healthy lifestyle. Closed toe shoes are mandatory, tennis shoes are preferred. Please wear clothing that allows for ease of movement. No jeans!

LOCATION: THERAPEUTIC RECREATION CENTER

176653-01 F 9/18-10/16 10:00a-11:30a 9/11 \$15/\$23

**LITERARY SKILLS****THE READING CAFÉ**

Ages 18 & Up · Transportation: Provided from program home only. Expand your mind and imagination by enjoying a good book with TRC friends. We will read aloud together and discuss the book in an informal setting. Please notify staff at registration which of the following three books you would like to read: Unbroken, Tuck Everlasting, or The Indian in the Cupboard. The most voted book will be the one we read and a copy will be given out at the first class. Beverages will be served during class. A \$15 supply fee is included in the course fee and is nonrefundable after the registration deadline. **No class Nov. 11.**

LOCATION: THERAPEUTIC RECREATION CENTER

176632-01 W 9/16-11/25 12:30p-2:00p 9/09 \$30/\$45

**PERFORMING ARTS****ALL THAT DRAMA**

Ages 18 & Up · Gain awareness of both body and voice expression. Read skits and poetry. Learn to sing, dance, do improvisation, mime, character play, and more!

LOCATION: THERAPEUTIC RECREATION CENTER

176621-01 Tu 9/15-11/17 10:00a-10:50a 9/08 \$15/\$23

**TRIPS/OUTINGS/WORKSHOPS****BINGO NIGHT**

Ages 18 & Up · Enjoy an evening of bingo and light refreshments with your friends. Bring three "Dollar store" items to use as prizes. A \$10 supply fee is included in the registration fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

176634-01 W 9/30, 10/28, 11/18 6:30p-8:30p 9/23 \$20/\$30

**BUSCH GARDENS: HOWL-O-SCREAM**

Ages 18 & Up · Transportation: Provided from the TRC to event site only. Attention, parents or guardians: Please escort the participant into the TR Center at drop-off to get updates about the program. Dress for the weather taking into consideration both day and night-time temperature differences. Spend a day at Busch Gardens for a frightfully good time.

Participants must bring:

- A current Busch Gardens Season Pass or cash to purchase discounted day pass.
- \$25 to purchase snacks, drinks, and dinner at the park
- Eat lunch before you get dropped off at the TRC and bring along refillable Busch Garden's cup if applicable for discounted drinks.

Nonrefundable \$15 trip fee is included in the course fee.

LOCATION: BUSCH GARDENS, ONE BUSCH GARDENS BLVD..

176661-01 Sa 10/17 12:30p-11:00p 10/09 \$20/\$30

**BUSCH GARDENS: ESCAPE TO CHRISTMASTOWN**

Ages 18 & Up · Transportation: Provided from the TRC to event site only.

Attention, parents or guardians: Please escort the participant into the TR Center at drop-off to get updates about the program. Dress for the weather taking into consideration both day and night-time temperature differences. Spend a magical evening at Christmas Town in Busch Gardens with your friends from the TRC. Cost of admission will be announced prior to the trip. Bring \$25 cash for dinner and hot drinks. Nonrefundable \$15 trip fee is included in the course fee

LOCATION: BUSCH GARDENS, ONE BUSCH GARDENS BLVD.

176660-01 Sa 12/05 1:30p-10:30p 11/25 \$20/\$30

**COLONIAL WILLIAMSBURG**

Ages 18 & Up · Transportation: Provided from the TRC to event site only. Tour the historic grounds of Colonial Williamsburg and eat lunch in the local coffee shop. There will also be opportunities to window shop and purchase souvenirs. Bring \$20 cash for lunch as well as additional spending money if desired. A \$10 trip fee is included in the course fee and is nonrefundable after the registration deadline.

DEPART FROM: THERAPEUTIC RECREATION CENTER

176670-01 Su 11/15 11:00a-6:00p 11/06 \$15/\$23



# THERAPEUTIC RECREATION

Programs for individuals with

disABILITIES!

## FARMER'S MARKET

Ages 18 & Up · Need a pumpkin for Halloween? Join us for a great time at the Farmer's Market to shop for fresh fruits and vegetables, as well as take a look at the specialty shops. We will have lunch at Princess Anne County Grill to energize for a day of shopping and end the day with a trip to Gilly's Creamery for fresh ice cream. Bring \$20 cash for lunch and frozen yogurt. If you wish, bring extra money for shopping. Nonrefundable \$5 trip fee is included in the total fee.

(Transportation provided from the TRC to event site only)

LOCATION: VIRGINIA BEACH FARMER'S MARKET, 3640 DAM NECK RD., VIRGINIA BEACH, VA

176649-01 Th 10/15 10:30a-3:30p 10/08 \$10/\$15

## FRIDAY NIGHT RETREATS

Ages 18 & Up · (Transportation: Provided from TRC to event site only.)

Please escort participant into Center at drop-off to get updates about the program. Don't sit home watching TV when you can enjoy three evenings out. Cost for two of the trips will be announced in advance. Cost of one trip is included in the trip fee. Nonrefundable \$30 trip fee included in course fee.

DEPART FROM: THERAPEUTIC RECREATION CENTER

176657-01 F 9/18, 10/09, 11/06 6:00p-10:00p 9/11 \$40/\$60

## GEOCACHING WITH LETTERBOXING

Ages 18 & Up · Find secret caches throughout Hampton Roads. Join the international game of treasure hunting called Geocaching! Wear appropriate clothes for the weather and tennis shoes/boots. Create your own unique stamp to show people where you have been! A \$5 supply fee is included in the course fee and is nonrefundable after the registration deadline.

DEPART FROM: THERAPEUTIC RECREATION CENTER

176628-01 Tu 10/20-11/17 10:00a-11:30a 9/08 \$20/\$30

## GLASS BLOWING AT THE CHRYSLER

Ages 18 & Up · Transportation: Provided from the TRC to event site only. Come and learn the art and process of glassblowing by taking a pipe and gathering hot molten glass from a furnace to mold and shape a functional piece by blowing air into it. Create your very own personal candy bowl! Nonrefundable \$40 supply fee is included in the course fee.

DEPART FROM: THERAPEUTIC RECREATION CENTER

176662-01 Sa 11/14 9:00a-1:00p 11/06 \$45/\$68

## HOLIDAY BAKING WORKSHOP

Ages 18 & Up · Have you ever wanted to bake holiday goodies from scratch? Learn how while enjoying the sweet smelling aroma of fresh baked treats. Nonrefundable \$15 supply fee is included in the course fee

LOCATION: THERAPEUTIC RECREATION CENTER

176693-01 Tu-W 12/01-12/02 10:00a-12:00n 11/24 \$22/\$33

## HOLIDAY CRAFTS

Ages 18 & Up · Spend two days making unique crafts for your family and friends! A \$15 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

176694-01 Tu-W 12/08-12/09 4:00p-6:00p 12/01 \$22/\$33

## HOLIDAY GIFTS FROM THE HEART

Ages 18 & Up · Spend two days making special gifts for your family and friends! Nonrefundable \$15 supply fee is included in the course fee.

LOCATION: THERAPEUTIC RECREATION CENTER

176695-01 Th-F 12/03-12/04 10:00a-12:00n 11/25 \$22/\$33

## HOLIDAY LIGHTS TOUR

Ages 18 & Up · Transportation: Provided from the TRC to event site only. Take a tour of a local holiday lights display. Afterward, we will stop for a deliciously warm treat. A \$10 trip fee is included in the course fee and is nonrefundable after the registration deadline.

DEPART FROM: THERAPEUTIC RECREATION CENTER

176666-01 Th 12/17 6:00p-8:30p 12/10 \$15/\$23

## HOLIDAY ORNAMENT MAKING

Ages 18 & Up · Spend two days making unique ornaments for your family and friends! An \$8 supply fee is included in the course fee and is nonrefundable after the registration deadline.

DEPART FROM: THERAPEUTIC RECREATION CENTER

176696-01 Th-F 12/10-12/11 10:00a-12:00p 12/03 \$15/\$23

## PUMPKIN PATCH

Ages 18 & Up · Transportation: Provided from the TRC to event site only. Find the perfect pumpkin to carve or use as decoration while enjoying fall activities. Please eat lunch before you come. A \$5 supply fee is included in the course fee and is nonrefundable after the registration deadline.

DEPART FROM: THERAPEUTIC RECREATION CENTER

176635-01 W 10/21 12:00p-3:00p 10/14 \$10/\$20

## JACK-O-LANTERN WORKSHOP

Ages 18 & Up · Bring a pumpkin to [icon] and create your very own Jack-O-Lantern. Enjoy roasted pumpkin seeds while you carve.

LOCATION: THERAPEUTIC RECREATION CENTER

176692-01 Th 10/22 2:00p-3:30p 10/15 \$5/\$8

## SIGN IT, SING IT, AND SOCIALIZE

Ages 18 & Up · Learn some basic sign language. Practice signs you've learned along with songs. Enjoy healthy snacks while socializing with peers. A \$15 supply fee is included in the course fee and is nonrefundable after the registration deadline. \*Mark your calendar course meets 9/24, 10/8, 10/22, 11/05, 11/19.

LOCATION: THERAPEUTIC RECREATION CENTER

176647-01 Th \* 7:00p-9:00p 9/17 \$35/\$53

## TRC BONFIRE

Ages 18 & Up · Transportation: Provided from the TRC to event site only. Enjoy an evening of campfire food and stories by the bonfire. A \$10 trip fee is included in the course fee and is nonrefundable after the registration deadline.

DEPART FROM: THERAPEUTIC RECREATION CENTER

176663-01 Sa 10/24 5:30p-8:00p 10/16 \$15/\$23

## WHISKERS AND TAILS

Ages 18 & Up · Play a very important role in the lives of shelter animals at Va. Beach SPCA by keeping them happy and healthy! Help clean kennels and socialize with animals that are waiting to find permanent homes. Be prepared to get your hands dirty and open your heart. **No class on Nov. 11.** LOCATION: VIRGINIA BEACH SPCA, 3040 HOLLAND RD., VIRGINIA BEACH, VA 23453

176633-01 W 9/16-11/25 9:00a-10:30a 9/09 \$15/\$23



# THERAPEUTIC RECREATION & TEENS

## 2ND ANNUAL HALLOWEEN 5K ENTRY FORM

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Male: ☐ Female: ☐

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

T-shirt Size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Entry Fee: \$20 (\$25 after October 9)

Entry Fee Enclosed: \$ \_\_\_\_\_ Date: \_\_\_\_\_

Checks and money orders only payable to: Norfolk City Treasurer.

Entry fee due by October 17 to: Norfolk Therapeutic Recreation Center, 180 E Evans St. Norfolk, VA 23503.

### RACE WAIVER

#### PLEASE READ AND SIGN TO PARTICIPATE

I know that running a road race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with running this event, including, but not limited to, falls, contact with other participants, the effects of weather, traffic, and conditions of the road, all such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Norfolk Therapeutic Recreation Center, sponsors and agencies and municipalities, their representatives, and successors for all claims or liability of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Signature of Parent/Guardian of Participant

For questions or additional information,  
call (757) 441-1764 or  
email [Kaitlyn.Miura@Norfolk.gov](mailto:Kaitlyn.Miura@Norfolk.gov).

## VIVIAN C. MASON TEEN CENTER

700 E. Olney Road • Norfolk, VA 23504

Office: (757) 441-1034 • Fax: (757) 441-1039

Office Hours: Mon-Fri: 10:00a-4:00p

Facility Hours: Mon-Wed: 12:00p-8:00p • Thu-Fri: 12:00p-4:30p

## Cultivating the Next Generation of Leaders

Teens With A Purpose (TWP) is a peer-led leadership organization that supports youth so they can grow into competent, healthy people and develop to their fullest potential. Join TWP for free events at the Vivian C. Mason (VCM) Teen Center. For more information on these events call (757) 747-2679 or visit [www.TWPTTheMovement.org](http://www.TWPTTheMovement.org).

### The Gathering

Mondays from 5:00p-8:00p • Ages 12-19

Make new friends, develop your talents, become a leader. Join TWP each Monday for this free gathering. Receive incentives for using your creativity.

### Art Education as Enrichment

Tuesdays from 5:00p-8:00p • Ages 12-19

#### Just AART

Just AART is a new arts and technology component of TWP. Learn to create music, rap, poetry and videos as both a performer and the engineer behind the technology that makes it all happen.

### Poetry Workshops

Designed to encourage critical thinking and creative expression in the literary arts and performance. Youth will explore the written and oral traditions of poetry and writing.

### Special Workshops as scheduled

(Wednesdays and Thursdays)

#### HealthE Night with Yoga & How's it Growing?

Join us for Healthy Living & Exercise night. Yoga is a challenging, motivating and articulately aligned yoga class inspired by simple movements and transitions. Zumba is a fun, physical activity where teens can let loose, dance, and be healthy! Help grow the TWP garden by weeding, planting, and harvesting vegetables, fruits, and herbs.

### Peer Leadership Development

Thursdays from 5:00p-8:00p • Ages 12-19

Learn to develop and reinforce leadership/interpersonal skills.

# REGISTRATION INFORMATION

## How to Register

- Only in-person registration is accepted. Full payment must be made at time of registration.
- Courses are filled on a first-come, first-served basis. Some courses are subject to a Lottery Registration Process prior to open registration.
- Payment is accepted by check or money order made payable to Norfolk City Treasurer. Post-dated, starter or counter checks not accepted. Name and address must be pre-printed on check. Current photo I.D. is required when making payment with a check or money order. (A \$35 service fee is charged for each returned check.)
- If space is still available, registrations may be accepted after the registration deadline. A \$5 late fee will apply. No registrations will be accepted after a course has begun.

## When to Register

**Aquatics** • Monday, August 17 by lottery registration process. Lottery tickets will be distributed from 7:30-8:00a. Registration begins promptly at 8:00a. Arrive no earlier than 7:00a.

**Visual Arts** • Monday, August 17 by lottery registration process. Lottery tickets will be distributed from 9:30a-10:00a. Registration begins promptly at 10:00a. Arrive no earlier than 9:00a.

**Dance & Music** • Monday, August 17.

**Fitness** • Monday, August 17.

**Senior Recreation** • Monday, August 17

**Therapeutic Recreation** • Registration begins Monday, August 17, by lottery registration process. Lottery tickets will be distributed from 9:00a-9:30a. Registration begins promptly at 9:30a. Arrive no earlier than 8:30a.

**Non-Residents** • Monday, August 24.

## Additional Info:

- Attendance is important. If a student misses a class, RPOS will try and accommodate a make up session in a class of equal value and skill level; however no make-up classes are guaranteed.
- If a course is cancelled by RPOS, a full refund will be issued.
- Class sessions may occasionally be cancelled due to unexpected circumstances. Every attempt will be made to contact participants and to schedule a make-up session for the class. Please ensure your contact information is current with your instructor.

Please note this registration information is not all-inclusive. A complete version of the registration policies and procedures can be found at Norfolk.gov/play.

## Lottery Registration Policies & Procedures

**Eligibility:** Lottery registration is for City of Norfolk residents only. Non resident registration begins on a later date and is on a space-available basis.

**When to Arrive:** Arrive no earlier than 30 minutes prior to the registration start time. Anyone on RPOS property before dawn and/or after dusk or outside of facility operating hours is in violation of trespassing.

**Process:** Lottery tickets will be distributed during the first 30 minutes of the registration process. Tickets will not be handed out after this time. Lottery ticket holders will wait in a designated area until their number is called.

Anyone arriving after ticket distribution will not receive a ticket and cannot participate in the lottery. These individuals must wait in a designated area and will be served in order of arrival after the last lottery ticket holder's registration has been completed. For courses or programs that do not fill to capacity, registration will be accepted on a space-available basis until the published registration deadlines (see course descriptions for dates) or until all spaces are filled, whichever comes first.

**Tickets:** Only one lottery ticket per family per household will be issued. Professional support organizations and individuals who represent multiple clients with disabilities will be issued one ticket per participant. If it is discovered that anyone is collecting additional tickets by any means, all registrations by that person will be refused and voided from the lottery process. Receiving a lottery number does not guarantee enrollment for a particular course or program. You are not obligated to enroll in any course or program if you receive a lottery number.

**Cost:** There is no fee to enter the lottery. However, payment for courses and programs is due with registration. All other registration policies apply.


## Questions? Contact RPOS!

Phone: 757-441-2400 (Admin Office)

Fax: 757-441-5423

Email: [RPOS@Norfolk.gov](mailto:RPOS@Norfolk.gov)

Web: [www.Norfolk.gov/Play](http://www.Norfolk.gov/Play)

 [Facebook.com/NorfolkRPOS](https://www.facebook.com/NorfolkRPOS)

## MEET THE RPOS COMMISSION

The RPOS Commission serves in an advisory capacity to the RPOS Director. Appointed by City Council, the commission serves as Council's eyes and ears in the community, determining the recreation needs and desires of citizens. Contact the commission at [RPOS@Norfolk.gov](mailto:RPOS@Norfolk.gov).



Michael S. O'Hearn  
Retired Capt. US Navy  
Chair



Virginia Alberts



Paul L. Ballance



Geroge H. Curtis, IV



David Dearborn



Tomika Latta



Stephen Powell



Debra Rocke

## CLASS REGISTRATION FORM Please print and fill out completely.

Participant Name (or Parent/Guardian if participant under 18) \_\_\_\_\_

Address, City, State, Zip Code \_\_\_\_\_

Phone Numbers (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_ E-mail Address \_\_\_\_\_

PARTICIPANT LAST + FIRST NAME	BIRTH DATE MM/DD/YYYY	SEX	ACTIVITY NUMBER	ACTIVITY NAME	SITE	DAY/TIME	TOTAL FEE

Individuals with a disability are entitled to participate in programs offered by the Norfolk Department of Recreation, Parks & Open Space. If you require any special accommodations, call (757) 441-1764 prior to registration.

Total Amount Due \$ \_\_\_\_\_  
No cash accepted.

Only check or money orders accepted, made payable to *Norfolk City Treasurer*.

Form of payment: \_\_\_\_\_ Check \_\_\_\_\_ Money Order  
Check/Money Order # \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_

**Medical Treatment Permission & Acknowledgment of Risks:** In consideration of my participation in the activity provided by and through the City of Norfolk Department of Recreation, Parks & Open Space (RPOS), I, for myself or on behalf of the participant who I represent, authorize City of Norfolk employees to take and provide all necessary medical attention should I, or the participant who I represent, be injured while participating or being transported to or from any RPOS-sponsored activity. I have read the policies pertaining to cancellations, refunds, rules and regulations as they pertain to this activity. I acknowledge the risks and responsibilities involved in these activities, and assume the risks and responsibilities involved in these activities. I assume these risks realizing the capabilities of the person(s) participating. I have read this release and understand all its terms and execute it voluntarily and with full knowledge of its significance.

\_\_\_\_\_  
Signature of participant

\_\_\_\_\_  
Signature of parent/guardian (if participant under 18)

\_\_\_\_\_  
Date

**Photo Permission Release Agreement:** OPTIONAL. I understand that I, or the participant who I represent, may be photographed and/or videotaped while participating in this activity. I agree to allow the City of Norfolk Department of Recreation, Parks & Open Space to use said photographs and/or videotapes in Department publications, media campaigns, and/or for educational and safety training purposes. I further waive any compensation for publishing and/or printing such photographs. I understand that by affixing my signature on this form, I attest to having read, fully understand and agree to the conditions as set forth above.

\_\_\_\_\_  
Signature of participant

\_\_\_\_\_  
Signature of parent/guardian (if participant under 18)

\_\_\_\_\_  
Date



## WHERE DO I REGISTER?

COURSE CATEGORY	COURSE LOCATION	REGISTER AT:	PHONE#	ADDRESS
Aquatics	Huntersville Indoor Pool	Huntersville Indoor Pool	(757) 664-7431	830 Goff St.
Aquatics	NFWC Indoor Pool	NFWC Indoor Pool	(757) 823-4306	7300 Newport Ave.
Aquatics	Northside Indoor Pool	Northside Indoor Pool	(757) 441-1760	8401 Tidewater Dr.
Aquatics	Southside Aquatic Center	Southside Aquatic Center	(757) 333-3281	1750 Campostella Rd.
Arts & crafts	Any Site Listed	Titustown Visual Arts Center	(757) 441-1227	7545 Diven St.
Dance	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
Fitness	Any Site Listed	NFWC	(757) 823-4301	7300 Newport Ave.
Music	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
Seniors	Any Site Listed	Ocean View Senior Center or Southside Senior Center	(757) 441-1767 (757) 664-6484	600 E. Ocean View Ave. 925 S. Main St
Martial Arts	NFWC	NFWC	(757) 823-4301	7300 Newport Ave.
Technology	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
Therapeutic Recreation	Any Site Listed	Therapeutic Recreation Center	(757) 441-1764	180 E. Evans St.



# Run Like a Victorian!

From Here to Eternity Twilight 5K  
Saturday, October 24

*Elmwood & West Point Cemeteries*  
*238 E. Princess Anne Road*

Registration 3:30 p.m.

Race 5:00 p.m.



Adults \$25  
Children \$10  
thru 09/15!

Awards &  
After Party  
at  
The Plot



Register at [NorfolkSocietyforCemeteryConservation.org](http://NorfolkSocietyforCemeteryConservation.org)